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July 7, 2020
Volume 8 • Issue #42

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Q: Who made King Arthur's table round?
A: Sir Cumference!

Q: Which knight collected King Arthur's taxes?
A: Sir Charge!

Q: Why wasn't King Arthur happy with his new table?
A: He said the carpenters had cut too many corners!

TIDBITS® INVESTIGATES

KNIGHTS OF THE ROUND TABLE

by Kathy Wolfe

This week, Tidbits journeys to Camelot to gather information about King Arthur and his legendary Knights of the Round Table.

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- Fact or fiction? Was Arthur an actual king during Medieval Times? No actual historical or archaeological evidence of King Arthur exists. According to Great Britain mythology, he was a King of the Sub-Roman Britain who courageously defended his kingdom from the Anglo-Saxons. According to one legend, Arthur became king of the Britons when he pulled a sword out of a stone.
- Some believe that the mythical king was based on a late fifth-century leader named Ambrosius Aurelianus, the second son of the Emperor Constantine. Others maintain that Arthur had his origins in Arthnou, Prince of Tintagel, who ruled Cornwall in the sixth century.
- Folklore asserts that Arthur was magically conceived by the wizard Merlin, rising up out of the waves of Merlin's bay, floating

continued on page 2

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continued from page 1

to his protector. Other traditions claim that Arthur's father was King Uther Pendragon and his mother, Lady Igraine, Duchess of Cornwall, who died in childbirth. Shortly after the death of his father, Arthur was sent to live with a knight named Ector.

- Why a round table? King Arthur maintained that no one, not even the King himself, could sit at the head of a round table, solidifying the concept of equality among the Knights. Arthur ordered the table constructed in response to an argument among the Knights as to who was greater. The round table deemed all equal.

- Those who aspired to be one of Arthur's Knights followed a strict code of chivalry, the bases of which were honor,

Just Like Cats & Dogs by Dave T. Phipps



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honesty, valor, and loyalty. The rules to be followed included defending the weak with all one's might, never to attack another Knight, to be willing to lay down one's life for the safety of one's country, and to practice religion diligently. In addition, Knights were never to commit treason against the country or King, and always give mercy to the one who asks for mercy.

- There are differing opinions as to exactly how many Knights belonged to the brotherhood. Some say 50, others 60, still others claim 250. The numbers vary from 13 to as high as 1600. A large round wooden table can be found in the Great Hall of England's Winchester Castle, engraved with 24 names. Made of 121 pieces of oak and measuring 18 feet (5.5 m) across, the table is nearly 3 inches (7.6 cm) thick and weighs almost 1.25 tons. Although reputed to have been King Arthur's round table, the date of construction has been narrowed down to 1250 to 1280, during the reign of King Edward I. It's likely that the table was constructed for a Middle Ages festival called Round Tables, featuring events such as jousting, dancing, and feasting, perhaps in imitation of the legendary Arthur and his band.

- One seat at the table was kept free for the one who would find the Holy Grail. The seat was known as the "Siege Perilous," or "dangerous chair," and was reserved for those with a pure heart who had committed no crimes and done no wrong. According to legend, anyone who sat in the chair without a pure heart would suffer instant death.

- Those Knights tasked with finding the Holy Grail were known as Red Cross Knights. Believed to be the cup that Jesus drank from at the Last Supper and the symbol of "divine grace," the Grail was said to have magical healing properties, and was hidden in a mysterious castle guarded by the Fisher King. Arthurian folklore claims that Sir Galahad, the Round Table's greatest warrior, was the one who finally retrieved the cup. Upon his return, Galahad reportedly sat in the empty seat at the Round Table. In addition, Galahad

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pulled a sword from a block of crystalline stone floating in the moat surrounding King Arthur's castle.

- Galahad was the son of Sir Lancelot and Elaine of Corbenic. Lancelot du Lac, or Lancelot of the Lake, as he was called, was Arthur's closest companion and the greatest swordsman and jousting of the kingdom. After the death of his father, Lancelot was raised by the Lady of the Lake, a mystical enchantress who lives in a lake surround the island of Avalon. Although Lancelot was Arthur's most trusted knight, that quickly changed when Lancelot fell in love with the King's wife, Queen Guinevere.

- Some literature states that the Lady gifted King Arthur with his magical sword Excalibur. Other tales claim that the wizard Merlin took the sword from the Lady to give to Arthur's father, Uther Pendragon. After being mortally wounded, Uther thrust Excalibur into a stone, exclaiming, "Nobody shall wield Excalibur, but me!" Merlin followed up with, "He who draws the sword from the stone, he shall be King," a feat notably accomplished by Arthur.

- Sir Gawain, a nephew of King Arthur was noted for his courtesy, compassion, and humility. Having been baptized by a miracle-working holy man, Gawain was gifted with

continued on page 3

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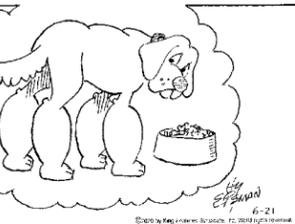
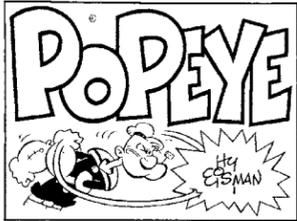
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continued from page 2

great strength each day at noon, which had been the hour of his baptism. His strength decreased as the day went on. Gawain also possessed great knowledge of herbs and herbal medicine, making him a great healer.

- Sir Percival, who retrieved Excalibur from a band of mischievous fairies, is also noted as one of the three Knights, along with Sir Galahad and Bors the Younger, to witness the wonders of the Holy Grail. Bors was known as an absolutely fearless knight, having once slain three dragons with a slash of his sword.

- Other notable knights include Sir Dagonet, King Arthur's jester, Sir Tegy who acted as the King's cup-bearer, and Arthur's foster brother, Sir Kay.

- Guinevere's tragic alliance with Lancelot led to a battle between those who followed the King and Lancelot's allies, which eventually brought an end to Arthur's kingdom. Arthur's son Mordred seized the kingdom, killing seven of Arthur's most loyal Knights. In the final battle, Arthur killed Mordred with Excalibur. However, the King died from wounds received during his final duel with Mordred. As the Knights returned from battle, they threw Excalibur back into the lake, returning it to its roots.

- Scientific analysis of the round table at Winchester Castle shows that a painting of a king was added to the table around 1522, a likeness that shows a remarkable resemblance to King Henry VIII, who was King of England from 1509 to 1547. The Tudor lineage has claimed actual descent from King Arthur.

Reader Contest: "GONE FISHING"

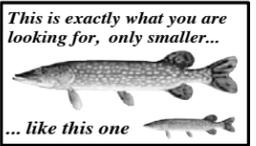


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is Thursday, July 9, 2020 - 4 PM, SEARCHING FOR: (3) FIRECRACKERS

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Mikey's Bar & Grill
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WINNER for June 23, 2020, Volume 8 Issue #40:

Cheyenne Wenske, Gary, SD

SEARCHING FOR: (3) BASS

PRIZE: \$25 Gift Certificate for The Bullpen Steakhouse in Lake Norden, SD and a \$25 Gift Certificate Angel's Attic in Watertown, SD.

Locations for June 23, 2020 (v8 #40)

#1: Sharp Automotive, Watertown, SD, page 4

#2: Payless Antiques, Wilmot, SD, page 5

#3: Tri County Coop, Graceville, MN, page 7



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answers on page 7

1. GEOGRAPHY: What was the former name of the Hawaiian Islands?
2. MOVIES Which Elvis Presley movie features the theme song "Can't Help Falling in Love"?
3. GENERAL KNOWLEDGE: What color is fuchsia?
4. TELEVISION: What was the real name of the Skipper's character on "Gilligan's Island"?
5. GEOLOGY: What kind of rock is sandstone?
6. FOOD & DRINK: Which country has a wine-producing region called the Rapel Valley?
7. MEDICAL: What kind of insect can transmit diseases such as cholera and typhoid fever?
8. MEASUREMENTS: How many standard bottles are contained in a magnum of champagne?
9. LITERARY: Who was the first official poet laureate of England?
10. HISTORY: Which treaty ended the American Revolution?

answers on page 7

King Crossword

ACROSS

- 1 — and call
- 5 Promptly
- 8 Despot
- 12 Verve
- 13 Rd.
- 14 Regulation
- 15 Not yet final, in law
- 16 — -relief
- 17 Blind as —
- 18 Body art
- 20 Pack down
- 22 Half a fluid ounce
- 26 Short
- 29 Swiss canton
- 30 Tokyo, once
- 31 Bergman, in "Casablanca"
- 32 Action star Diesel
- 33 One
- 34 Mel of Cooperstown
- 35 Programmer's woe
- 36 Foolish
- 37 Skiers' carriages
- 40 Summertime pest
- 41 Starry
- 45 Honeycomb compartment
- 47 Web address
- 49 Wander
- 50 Met melody
- 51 Dos' neighbors
- 52 Yemeni port

1	2	3	4	5	6	7	8	9	10	11					
12				13				14							
15				16				17							
18				19			20	21							
			22			23			24	25					
26	27	28				29			30						
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37			38					39							
			40					41		42	43	44			
45	46					47	48			49					
50									51			52			
53												54			55

DOWN

- 1 Crooked
- 2 Director Kazan
- 3 Group of actors
- 4 Made a sweater, maybe
- 5 Biz big shot
- 6 Eggs
- 7 Oater
- 8 Chaplin persona
- 9 Court sum-
- 10 — carte
- 11 Pensioned (Abbr.)
- 19 Lummo
- 21 "— was saying ..."
- 23 Playwright Pirandello
- 24 Valhalla VIP
- 25 Memo
- 26 United nations
- 27 Naomi's daughter-in-law
- 28 Incised printing method
- 32 Predatory sort
- 33 Remove a seat belt
- 35 Underwear with underwire
- 36 "Monty Python" opener
- 38 Dental filling
- 39 Untrue
- 42 Took the bus
- 43 State with certainty
- 44 Gave temporarily
- 45 Garfield or Heathcliff
- 46 Blunder
- 48 Gun the engine

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• Artist Salvador Dali believed he was the reincarnation of his dead brother, also named Salvador, who died almost 9 months to the day before Dali was born.

• Forget flowers and candy -- in Fiji, a tradition known as "tabuas" is the practice of giving a woman a tooth from a sperm whale as the ultimate token of love and commitment.

• Inventor Nikola Tesla was a genius, but he was also dirt-poor. When faced with an overdue hotel bill, he responded by giving the employees a "death beam" in a box. He told employees not to open the box due to the danger, so it was forgotten about. When it was eventually rediscovered and opened, it was found to contain only old, harmless electrical parts.

• On average, a person accidentally eats about 430 bugs in each year of his or her life.

• In order to take the slick factory sheen off and allow pitchers to get a better grip, Major League Baseball wipes down each baseball with mud from an undisclosed location on the Delaware River.

• Denise Mueller-Korenek clocked the fastest speed ever by a cyclist in 2018, setting a new world record of 183.932 mph.

• Are you afflicted with nomophobia? That's the term for a fear of being without mobile phone coverage. Surveys have indicated that more than half of U.K. residents suffer from it. This phobia is triggered by the fear of losing signal, running out of battery or even losing sight of a mobile phone.

• Queen lead singer Freddy Mercury had a degree in graphic design and came up with the logo for his band himself. It consisted of the zodiac symbols for the four band members.

• Mercury also liked to call his cats while he was on tour -- "to chat."

• Only 0.006% of the Korean population have the ABCC11 gene, which is the cause of armpit odor. As a result, deodorant is rarely sold in Korea.

Thought for the Day

"A room without books is like a body without a soul."

— Marcus Tullius Cicero

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ACTIVITIES

PARADE 2:00 PM

- Candy Toss After Parade
- Irish Spirit Awards
- Antique Tractor & Car Show 3:00 PM. People's Choice and Not Quite Ready For Show Awards.
- Bean Bag Tournament Sign up by 3:00 PM, \$10 per person, Draw Partner
- Little Lad & Lassie Contest
- Barrel Train Rides & Kid's Games
- Dunk Tank
- Live Music @ 8:00 PM

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 MJREVIRBHORENFC
 AYWRUEAOPAETURP
 NLJHEBGRFYHPRUM
 FDBKZTUOXTTVTR
 QOMN(HOSPITAL)KIH
 FDBUFZYVWVETRQ
 ONLBKIHFODFCPAZ

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: A PULL-DOWN BED

Asparagus	Feather	Platform	Sofa
Baby	Four-poster	Railway	Test
Bunk	Hospital	River	Trundle
Creek	Oyster	Rose	

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Find at least six differences in details between panels.

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Differences: 1. Table is different. 2. Picture has moved. 3. Fish is missing. 4. Water level is higher. 5. Woman's hair has changed. 6. Boy's necktie is different.

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Weekly SUDOKU

by Linda Thistle

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

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!

answers on page 7
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Now here's a tip! by Jo Ann Peterson

- Items in the freezer are more likely to get freezer burn if there's water present, so make sure you pat down or otherwise carefully drain meats, fruits and veggies before popping them in the freezer.
- "Nothing is more soothing -- and delicious -- than plain yogurt on a sunburn. Slather it on thickly to sunburned skin, wait for about 15 minutes, and rinse off in room-temperature water. It feels much better afterward, and it gives immediate relief when it goes on cold." -- C.L. in Texas
- Save your tuna cans. You can use them to cook an egg over a campfire, or you can put one under the legs of your camp table and add water. Ants won't be able to climb up the legs of the table to get to your food.
- "If you've never used Skin-So-Soft to repel mosquitoes, you should. It does an excellent job at that task and smells so good my whole family uses it. I also use it to wipe down the outside of my door to keep bugs from buzzing all over the entrance." -- A.A. in Florida
- If barbecue is on the menu, try putting out a few small bowls of water with a lemon slice. You can use it to rinse off your fingers as you eat or when you are done eating. It leaves hands with a nice smell, not a sticky smoky mess!
- "I love to spice up a simple dip by serving it in a green pepper. I just wash it and cut off the top. Then, I core it and spoon in the dip. The top can be set next to it and filled with extra dip, or just used as a garnish. It's fun and makes an attractive presentation." -- J.L. in New Mexico

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Kids' Maze

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Fresh Peach Pudding Bake

There is nothing quite so sweet as biting into a fresh peach, with juice dripping down your chin with every bite you take. This ultra-easy dessert is a close second, though! One mouthful and you'll "taste" what I mean.

3 cups peeled and sliced fresh peaches
 Sugar substitute to equal 1/2 cup sugar, suitable for baking
 1 cup plus 2 tablespoons reduced-fat biscuit baking mix
 1/4 teaspoon ground nutmeg
 3 tablespoons chopped pecans

1. Heat oven to 425 F. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray.

2. In a large bowl, combine peaches and sugar substitute. Let set for 10 minutes. Add baking mix, nutmeg and pecans. Mix well to combine. Spread mixture into prepared baking dish. (Mixture will be dry.)

3. Bake for 30 to 35 minutes. Place baking dish on a wire rack and let set for at least 5 minutes. Serves 6.

* Each serving equals: 148 calories, 4gm fat, 2gm protein, 26gm carb., 263mg sodium, 2gm fiber; Diabetic Exchanges: 1 Starch, 1 Fruit, 1/2 Fat.

Comfort foods Made fast and healthy by Healthy Exchanges

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Summer Plum Tart

A satisfying finish to a summer meal -- fresh, sweet plums in a delicious crumb crust topped with crushed gingersnaps.

Prepared crumb crust
 1/2 cup sugar
 3 tablespoons cornstarch
 1 pinch salt
 2 pounds (about 6 medium) ripe purple or red plums, unpeeled, each cut into 8 wedges
 6 (about 1/3 cup) gingersnap cookies, coarsely crumbled

1. Prepare and bake Crumb Crust as recipe directs for 9-inch tart pan with removable bottom using gingersnap cookies; cool.

2. In 3-quart saucepan, stir sugar, cornstarch, salt and 1/3 cup cold water until blended. Add plum wedges, stirring to coat evenly.

3. Heat plum mixture to boiling over medium-high heat; boil 2 minutes, stirring. Remove saucepan from heat.

4. Spoon hot plum mixture into cooled crust. Refrigerate until well chilled, about 3 hours. Sprinkle with crumbled gingersnap cookies just before serving. Serves 12.

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

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Crumb Crust

This simple cookie-crumb crust can be made with gingersnaps, graham crackers or vanilla wafers.

1 1/2 cups fine cookie crumbs, such as gingersnap, graham cracker or vanilla wafer. (See note)
 2 tablespoons sugar
 5 tablespoons margarine or butter, melted

1. Heat oven to 375 F. In medium bowl, with fork, stir crumbs and sugar with melted margarine or butter until evenly blended and moistened. With hand, press mixture onto bottom and up side of 9-inch pie plate or 9-inch tart pan with removable bottom.

2. Bake crust 8 to 10 minutes. Cool on wire rack.

NOTE: To get 1 1/2 cups crumbs, you will need 10 graham crackers (5-inch by 2 1/2-inch each), about 30 gingersnaps or about 45 vanilla wafers.

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Even Exchange

by Donna Pettman *answers on page 7*

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|----------------------|-----------|---------------------|-----------|
| 1. Choo-choo | ___ R ___ | Tom Sawyer author | ___ W ___ |
| 2. Shamrock | ___ V ___ | Relief pitcher | ___ S ___ |
| 3. Hazel or Samantha | ___ I ___ | Timepiece | ___ A ___ |
| 4. Ordinary | ___ L ___ | Artist Rockwell | ___ N ___ |
| 5. Ire | ___ R ___ | Spiritual being | ___ L ___ |
| 6. Turn to ice | F ___ | Light wind | B ___ |
| 7. Wooded shelter | ___ B ___ | Fervor | ___ D ___ |
| 8. Twist one's ankle | ___ P ___ | Put through a sieve | ___ T ___ |
| 9. Like a stiff wind | ___ S ___ | The very edge | ___ N ___ |
| 10. Ripen | M ___ | The great outdoors | N ___ |

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top ten

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1. Hawaii
2. Massachusetts
3. California
4. Arizona
5. Vermont
6. New Jersey
7. Connecticut
8. Nevada
9. Rhode Island
10. Maryland

* per capita

Source: Energy Institute at Haas

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MOVIE FAVORITES: CAMELOT

This week, Tidbits visits the fictional setting of King Arthur as depicted in the 1967 film "Camelot."

• The story of "Camelot" was based on a 1958 novel entitled "The Once and Future King," by T.H. White. White died three years before the film was released.

• "Camelot" had been a successful production on Broadway, beginning in 1960, running until January, 1963 with 873 performances and four Tony Award wins. When it came time to produce the film, the original Broadway cast members – Richard Burton as Arthur, Julie Andrews as Guinevere, and Robert Goulet as Lancelot – were asked to reprise their stage roles. All declined, and Richard Harris was chosen as Arthur, Vanessa Redgrave as his queen, and Italian actor Franco Nero as Sir Lancelot. Other Guineveres considered were Audrey Hepburn, Julie Christie, Ann-Margret, and Mitzi Gaynor, but Redgrave was signed for \$200,000.

• Shooting began on location in Spain in September, 1966, and was plagued with setbacks. With location shots scheduled to be completed in 30 days, rainfall and high temperatures delayed filming, putting them nearly two weeks behind schedule. A seven-week hiatus was then necessary to enable Redgrave to complete her role in another movie. Another complication arose when Richard Harris fell in the shower, requiring 12 stitches to his face. Harris ignored doctor's orders to rest and relax while the stitches were in place, reopening them and leading to a further delay, and plastic surgery to hide the wound. Harris, who smoked three packs of cigarettes a day, further frustrated the shoot by losing his voice several times.

• The exterior of two Spanish medieval castles were used in production. The Castillo de Coca, a 15th-century castle located in Segovia, Spain, was used in long shots and background shots as the home of King Arthur. The Alcazar de Segovia, a 12th-century fortress, depicted the Gaul, France home of Sir Lancelot. The opening and closing scenes of the movie were filmed on the grounds of Alcazar. The Castillo de Coca was re-created on the Warner Brothers Studio back lot in Burbank, California, the largest set ever constructed at the time, with a cost upwards of half a million dollars. The castle was used in other movies, including 1972's "The Hound of the Baskervilles," "Lost Horizon" in 1973, and as a Scottish ancestral home in the TV series "McMillan & Wife." It was torn down in the 1980s to make room for an office building.

• Guinevere's wedding dress was crocheted from fine wool, with a bodice adorned by tiny seashells. Hundreds of bleached pumpkin seeds were hand-sewn onto the train.

• Although "Camelot" took home three Oscars – Best Cinematography, Best Art Direction, and Best Costume Design – along with three Golden Globes, it was a box-office

disappointment. Reviews were mixed and it was considered a commercial failure. Although it was year's tenth highest-grossing film, it earned only \$12.3 million compared to its budget of \$13 million.

• The term "Camelot" has been used to describe the three years of John F. Kennedy's presidency from 1961 to 1963. The Broadway show was in full swing during JFK's term, and Jackie Kennedy told reporters that the soundtrack album had been one of his favorites. Many Americans hoped that Kennedy would lead his country and people toward a brighter future, much like the legendary King Arthur.

Americanisms



"You can fool some of the people all the time, and those are the ones you want to concentrate on."
— George W. Bush

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♥ TWES

answers on page 7

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BIKINIS

What is Tidbits investigating for Bikini Day on July 5 – the swimsuit or the atoll? Well, both! Follow along as we discover the connection between the two.

- Located in the Pacific Ocean's Marshall Islands, halfway between Hawaii and Australia, the Bikini Atoll is a coral reef consisting of 23 islands surrounding a 229.4-sq. mile (594.1 sq. km) central lagoon. The land area is just 2.3 sq. miles (6 sq. km). Due to its remote location and small population, it was chosen as a site for the United States to test nuclear bombs beginning in 1946. The residents were relocated to Rongerik Atoll, 120 miles (200 km) east.

- The detonations took place in seven sites on the reef, inside the atoll, in the air, and underwater. The most destructive nuclear explosion, the "Castle Bravo" blast, took place in 1954, with a blast 1,000 times the magnitude of the Hiroshima bomb. It had a strength of 15 megatons and vaporized three of the islands, leaving a mile-wide (1.6-km) crater at the site, visible today. Traces of radioactivity from the blast were found in Japan, Australia, India, Europe, and the U.S. Just how much is a megaton? Consider that a one-megaton blast would wipe out most of New York City and urban New Jersey. The total megatons during the 12 years of nuclear testing on Bikini Atoll amounted to 42.2 from the 23 detonations.

- Although some former Bikini Atoll residents tried to return to their home in 1970, testing showed dangerous levels of radioactive materials. The entire atoll has been declared completely uninhabitable. The residents filed a suit against the U.S. Government in 1975 and were granted an annual compensation subsidy from a trust fund.

- There are at least 10 shipwrecks in the Bikini Atoll lagoon.

- Shortly after the first blast in 1946, two different French designers unveiled their new two-piece bathing suit creation. Fashioner designer Jacques Heim introduced his as the "atome," because it was tiny like an atom! He was quickly followed by a version created by automobile engineer Louis Reard, who also happened to be a fashion designer. Reard's design was much smaller, using just 30 square inches of fabric. He dubbed it the "bikini" after the atoll testing site, because he wanted his creation to be "explosive." Reard managed to get his bikini patented first.

- Both designers may have thought they were the first to present their creations, but in fact, bikini-like garments were

portrayed in Roman and Greek artwork dating clear back to 1400 B.C. An ancient Italian castle contains a floor mosaic portraying 10 women playing sports wearing bandeau-style tops and separate bottoms.

- French model Micheline Bernardini was the first to display Reard's creation at a Paris swimming complex on July 5, 1946.

- June, 1960 saw the release of the pop song "Itsy Bitsy Teenie Weenie Yellow Polka-Dot Bikini" by singer Brian Hyland. The song quickly reached number one on the Billboard charts and became a worldwide hit. Its release spurred a buying spree of bikinis as the garment soared in popularity. The "beach blanket" movies of the 1960s featuring Annette Funicello and Frankie Avalon further cemented the bikini's acceptance on beaches everywhere.

- In 1993, the Olympics Committee declared the bikini the official uniform of women's beach volleyball teams.

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 Solution time: 25 mins.

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NISI	BAS	ABAT
TATTOO	TAMP	
BRIEF	UR	EDO
LUND	VIN	UNIT
OTT	BUG	INANE
CHAIR	LIFTS	
GNAT	ASTRAL	
CELL	UR	ROVE
ARIA	RES	ADEN
TROY	EVE	PERT

Even Exchange answers

- Train, Twain
- Clover, Closer
- Witch, Watch
- Normal, Norman
- Anger, Angel
- Freeze, Breeze
- Arbor, Armor
- Sprain, Strain
- Brisk, Brink
- Mature, Nature

Weekly SUDOKU — Answer

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

TRIVIA TEST Answers

- The Sandwich Islands
- "Blue Hawaii"
- Purplish red
- Jonas Grumby
- Sedimentary
- Chile
- Houseflies
- Two
- John Dryden
- The Treaty of Paris

The Garden Bug

Mowing safety tips

- Dress yourself in safer clothing such as closed shoes, long pants and eye and ear protection.
- Prepare the mowing area: remove rocks, sticks and other debris. Remove children and pets from the area. Mow only dry grass; wet turf can be slippery, and also clogs the mower.
- Spend a few minutes reading the manual to learn how to use the machine safely.
- The engine and exhaust can become extremely hot. Take care when touching the heated surfaces or when handling fuel.
- If the mower stalls, there may still be stored tension in the drive; do not reach in around blades to clear them.

—Brenda Weaver
 Source: healthblog.uofmhealth.org

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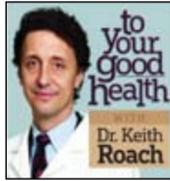
Advertising art is very popular today and prices keep rising. Collectors want old examples with good graphics, recognized products and great condition. A small amount of restoration is OK. Anything that mentions a product for sale is considered "advertising," even labels on bottles and cans. Most companies keep the look of their ads the same for many years. Hires Root Beer used a small child in a bib and a distinctive type-style for the word Hires. In 1915, they used the googly-eyed man called Josh Slinger, the soda jerk. He was indeed googly-eyed. But most of Hires ads had few pictures, just descriptions of its health values or the good shape.



This Hires tin sign, 21 x 15 inches, was originally made without a frame. It sold recently at a Morphy auction for \$960.

This tin sign, probably made in the 1920s, features an attractive flapper girl. She is enjoying a glass of Hires Root Beer. If you look closely, you can read the tiny word "good" before the slogan, "and it's always pure. Hires in bottles." Hires was developed by pharmacist Charles Hires

Raw or Roasted, Go Nuts for Nuts



DEAR DR. ROACH: I have seen numerous articles extolling the advantages of eating nuts because they are a good fat. I often have wondered if it matters whether the nuts are raw or roasted. Would you please explain the difference and the impact on one's health? -- D.O.

ANSWER: Scientists believe that nuts are healthy for us based on three different types of evidence. One is called "epidemiological": People who eat nuts live longer and have less heart disease than people who don't eat nuts. This suggests nuts are good for you, but it's not definitive. People who eat nuts may do other healthy things, which could be the real reason they live longer (this is called "confounding").

A second line of evidence comes from watching what happens to factors that we believe are related to disease. People who add a reasonable amount of nuts to their diet often have improvements in their cholesterol levels. They also help some people lose a few pounds, possibly because the fat and protein in nuts makes them more filling than the (often processed) starches many people eat. This is also not definitive, because there are treatments that lower cholesterol but don't make people live longer or improve health.

The third is evidence from a large, interventional study on diet. A group of people were randomly assigned to either add more nuts to their diet, or to make no change (or some other change) in their diet. At least one study showed that when people changed their diet to include more nuts and seeds (but also more fruits and vegetables, more healthy oils, like olive oil, and less meat), they had less heart attacks than the group that did not change their diet. This evidence is strong, but it's not clear whether it's one change in the diet (just nuts) or all the changes in the diet that are responsible for the observed benefit.

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In none of these kinds of studies were raw nuts compared against roasted. However, the composition of the fats does not change in nuts and seeds when roasted, and most experts believe it does not make a difference. So, I recommend partaking in nuts however you like them best.

Just one serving a day (30 grams or an ounce) makes a difference. They are quite high in calories, so it's wise not to overdo it. If you don't like nuts (and obviously for those allergic), not eating them is not a major risk for developing heart disease.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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The Spats



in 1876, but root beer was already a known drink. He improved the taste of a health drink that was made with many herbs including sassafras oil, a plant root extract. In 1960, sassafras was banned because it contained a carcinogen. Later, they found a way to remove the harmful chemical and still preserve the flavor, so it was still used.

Hires Root Beer was a leading drink, but the company has been bought and sold so often, the drink is now almost out of production. Old Hires advertising is hard to find today, but beware of the pottery mug with a baby wearing a bib. Reproductions are easy to find.

Q: I sold Avon during the 1960s and '70s, and I have a large collection. I'm downsizing and wonder if anyone would be interested before I throw them out.

A: Avon started as the California Perfume Company, founded by David H. McConnell in 1886. The name Avon was used beginning in 1929. Collecting Avon bottles became popular in the 1960s, and at one time there were more than 60 Avon collector clubs in the United States. Interest has waned and most of the clubs are gone, but you can still find people selling vintage Avon bottles that held

beauty products. Some are crossover collectibles, especially figural bottles, so you might find someone interested in your collection by contacting online sellers. Most Avon collectibles sell for under \$10. A few that are shaped like cars are about \$25.

CURRENT PRICES

Sandwich press, rectangular, square side handles and front top handle, flat plates, footed, 1930s, \$10.

Garden table, rectangular glass top, scrolling concrete bases, iron mounts, 80 x 46 inches, \$120.

Vase, Celadon, bottle shape, lobed, cranes, 10 x 4 inches, \$300.

Apache, basket, coiled, stepped geometric pattern, checkerboard pattern, central circle, 15 inches, \$640.

For more collecting news, tips and resources, visit www.Kovels.com

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