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April 14, 2020
Volume 8 • Issue #30

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LAUGH-A-BIT WITH TIDBITS

Q: Why was the bee's hair sticky?
A: Because he used a honey-comb!

Q: Where do dogs go when their tails fall off?
A: To a re-tail outlet!

Q: Why was Tigger looking in the toilet?
A: He was looking for Pooh!

TIDBITS® CELEBRATES

UNUSUAL OBSERVANCES

by Kathy Wolfe

It seems that nearly everything has its own day of commemoration. Tidbits has the facts on this week's unusual observances.

- One of our favorite comfort foods, the grilled cheese sandwich is honored on April 12. In 1902, a recipe for a "Melted Cheese," was published in "Mrs. Rorer's New Cook Book," with instructions for an open-faced sandwich to be cooked in a hot oven. Florence Cowles included "Toasted Cheese" in her book "Seven Hundred Sandwiches," with preparation under the broiler. In 1953's "The Joy of Cooking," Irma Rombauer recommended that the bread and cheese should be heated in a waffle iron.
- The grilled cheese sandwich became especially popular after Otto Rohwedder's 1928 invention of the bread slicer, making it easier to prepare the sandwich. Popularity was further enhanced by James L. Kraft's introduction of processed cheese, which lengthened the shelf life of cheese. The Kraft Company introduced Kraft Singles in 1949
- The average grilled sandwich contains about 290 calories. The world record holder gobbled 47 sandwiches in 10 minutes.
- Each year on the Monday after Easter, the White House hosts the annual Easter Egg Roll. Over 30,000 children age 13 and under will gather on the South Lawn on April 13 this year to

continued on page 3

Peddlers Market

Due to the increased COVID-19 concern and in the best interest of our community and employees, it is with heavy hearts we announce we will be closed until further notice.

We sincerely apologize for any inconvenience and thank you for your cooperation. We appreciate your business and we look forward to serving you in the future.

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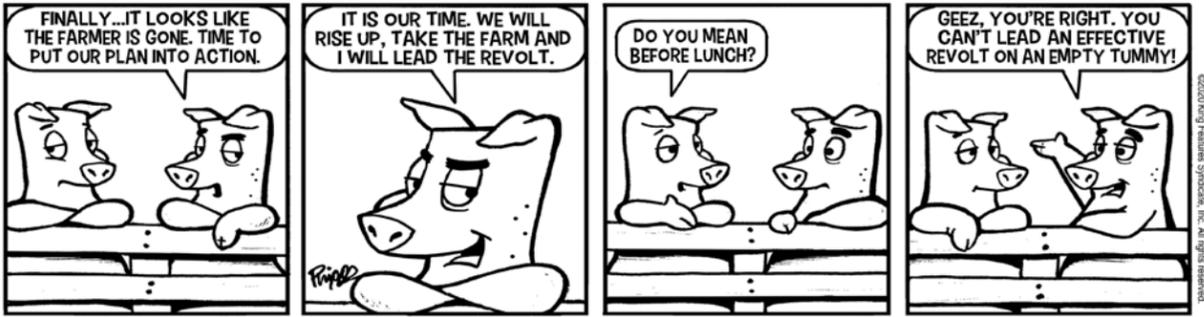
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Now here's a tip! by Ann Derson

- Spice racks can pull double duty on the walls by your vanity. They are the perfect size for toiletries and makeup items. They also work very nicely for nail polish bottles.
- "To get the best reading on meat using a meat thermometer, try sticking it in from the side. It can go in further, and to me it feels like I get a better reading than poking it in all over a steak." -- M.E. in Florida
- Things you can freeze in small portions using an ice cube tray: tomato paste, coffee, coconut milk, broth or stock, wine, herbed butter or herbed olive oil.
- "To get the dog to stop eating his food so fast, my daughter puts dry food in a silverware sorter -- the plastic insert that holds cutlery in a drawer. Their dogs have to work at it, and it has helped them slow

Amber Waves



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Lynette Athey Owner/Publisher

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OFFICE: 100 S. Maple Street, #106 Watertown, SD 57201 (call for appointment)

Trivia test

by Fifi Rodriguez

1. U.S. PRESIDENTS: Which president had an estate called The Hermitage?
2. ADVERTISING: Which soft drink used the ad slogan, "Just What the Doctor Ordered"?
3. MOVIES: Which James Bond movie introduced the villainous character Oddjob?
4. GENERAL KNOWLEDGE: How long was the wall that separated East and West Berlin for 30 years?
5. U.S. STATES: Which state was the 49th added to the United States of America?
6. HISTORY: Which ancient empire had a capital called Tenochtitlan?
7. ASTRONOMY: Which planet in our solar system has the most gravity?
8. MYTHOLOGY: What was Cassandra's unique power, which was given to her as a gift?
9. FAMOUS QUOTATIONS: Which 20th-century poet once said, "You can cut all the flowers, but you cannot keep spring from coming"?
10. LITERATURE: Which novel introduced the character of Holden Caulfield?

answers on page 7

down so they don't get sick. She can just toss it in the dishwasher to clean, too!" -- U.E. in Ohio

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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answers on page 7

King Crossword

1	2	3	4	5	6	7	8	9	10	11	
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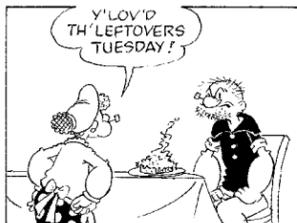
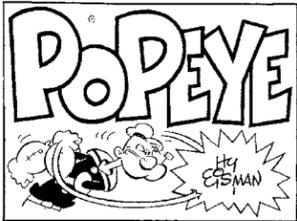
ACROSS

- 1 Radius neighbor
- 5 Letterman's network
- 8 Atlantic food fish
- 12 Public disturbance
- 13 Have a bug
- 14 Dumbo's "wings"
- 15 Pace
- 16 Also
- 17 Greek vowels
- 18 Proofreader's finds
- 20 Lava rock
- 22 Army rank (Abbr.)
- 23 Cul-de- —
- 24 Make fun of
- 27 Small caterpillar
- 32 Literary collection
- 33 Actress Vardalos
- 34 Cattle call
- 35 Braised beef
- 38 Help in crime
- 39 Swiss river
- 40 Spring mo.
- 42 Walk quietly
- 45 Lengthy list
- 49 Defeat decisively
- 50 Bashful
- 52 Pelvic bones

DOWN

- 1 Incite
- 2 Taleteller
- 3 Bleak, in Hollywood
- 4 Assault
- 5 California island
- 6 Resume
- 7 Unkempt one
- 8 Playground favorite
- 9 Subterranean passage
- 10 Caspian feeder
- 11 "Hey, you!"
- 19 Gift-tag word
- 21 Baseball bat wood
- 24 Treasure hunter's aid
- 25 Yoko of music
- 26 Grenade hurler
- 28 Serbian city
- 29 Stimulus of a kind
- 30 Fish eggs
- 31 Witticism
- 36 Baby's toy
- 37 Acapulco gold
- 38 Sculptor, e.g.
- 41 "Life of —" (2012 movie)
- 42 Decorate
- 43 Tittle
- 44 Catch sight of
- 46 Lotion additive
- 47 Pleasing
- 48 Tibetan herd
- 51 Weeding tool

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continued from page 1

roll colored eggs through the grass with spoons. A three-day online lottery is held in March each year to allow children from across the United States to vie for an opportunity to attend. The event's history is a long one, beginning in the early 1800s when First Lady Dolley Madison organized a public egg roll on the Capitol lawn. Several presidents held their own informal events, but it wasn't until 1878 that President Rutherford B. Hayes officially established the tradition. The egg roll was cancelled during World Wars I and II, then suspended during White House renovations. Ronald Reagan initiated the practice of handing out souvenir wooden eggs with the signatures of the president and First Lady imprinted on them, a custom that continues.

• Happy National Pecan Day on April 14! It's in honor of this nut, which isn't really a nut at all, but rather a drupe, which is defined as a "fruit with a single stone, surrounded by a husk." The word "pecan" has its origins in the language of the Algonquin tribe, translating "a nut requiring a stone to crack." More than 80% of the pecans grown in the world are grown in the United States, with Georgia the top producer, followed by Texas, New Mexico, and Oklahoma. A pecan tree can grow to be 130 feet (39.6 m) tall and produce for up to 300 years. About 70% of the pecan kernel is oil, contributing to the calorie count of 690 for just 3.5 ounces (100 grams) of pecans. Research indicates that eating a handful of pecans every day may lower cholesterol levels. Pecans contain 19 valuable vitamins and minerals, including Vitamins A, B complex, and E, calcium, magnesium, potassium and zinc.

• In addition to April 15's position as Income Tax Day, it's also National Rubber Eraser Day! It marks the day in 1770 when Joseph Priestly introduced a vegetable gum that would remove pencil marks. His invention wasn't made of rubber - he called it that because of the rubbing motion required to eradicate the marks. That same year, an English scientific instrument maker named Edward Nairne began marketing the product, selling cubes of the substance for 3 shillings per half-inch cube. Charles Goodyear developed vulcanization in 1839 and rubber erasers came into use. In 1838, Pennsylvania inventor Hyman Lipman received a patent for a pencil with an eraser at the end. Eraser manufacturers refer to those pencil end erasers as "plugs," and their little metal holders as "ferrules." Today's pink erasers are composed of either a synthetic rubber blended with pumice or of vinyl.

• There are upwards of 25,000 species to celebrate on National Orchid Day on April 16. Some of these plants can survive up to 100 years! The flowers themselves can survive from just a few hours up to six months, depending on the variety. The flowers have bilateral symmetry, meaning that if a line is drawn vertically down the middle, the two halves are mirror images of each other - much like a human

Reader Contest: "GONE FISHING"

PAGE'S PLACE Cafe & Grill **Angel's Attic Watertown Mall**

FIND THE THREE (3) PERCH (pictured to the right) in advertisements in this issue and enter to win \$25 Gift Certificate for Page's Place Cafe & Grill in Watertown, SD and a \$25 Gift Certificate for Angel's Attic Thrift Store in Watertown, SD.

This is exactly what you are looking for, only smaller... like this one

EACH WINNER RECEIVES A FREE "THE WORKS" CARWASH FROM DUTCH BOY CAR WASH in WATERTOWN, SD. ENTRY DEADLINE FOR April 14, 2020, Volume 8, Issue #30 IS THURSDAY, APRIL 23, 2020, 4PM

DEADLINE FOR April 7, 2020, Volume 8, Issue #29 is Thursday, April 16, 2020 - 4 PM, SEARCHING FOR: (3) EASTER EGGS

\$25 Gift Certificate for Community Corner in Watertown, SD and a \$25 Gift Certificate for Stockman's Family Restaurant in Watertown, SD.

WINNER for March 31, 2020, Volume 8 Issue #28:
Linda Pearle Svee, Estelline, SD

SEARCHING FOR: (3) SUNS
 PRIZE: \$25 Gift Certificate for Peddler's Market in Watertown, SD and a \$25 Gift Certificate for Senor Max's in the Watertown Mall.

Locations for March 31, 2020 (v8 #28)
 #1: Big Stone City Municipal Liquor Store, page 2
 #2: Big Stone Hardware, Ortonville, MN page 6
 #3: Payless Antiques, Wilmot, SD page 8

Enter Only Once Per Contest
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for another mate, often disguised as an orchid!

• National Ford Mustang Day is observed on April 17, marking the day that the car was unveiled by Henry Ford II at the New York World's Fair in 1964. Priced at \$2,368, first-day sales were 22,000 vehicles. That might not sound like much, but in today's dollars, that translates into about \$19,000. After eight months, 260,000 cars had been sold. By 1966, a million Mustangs had been produced. The 10-

continued on page 6

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Please contact me. Janelle Kelly, Branch Librarian.

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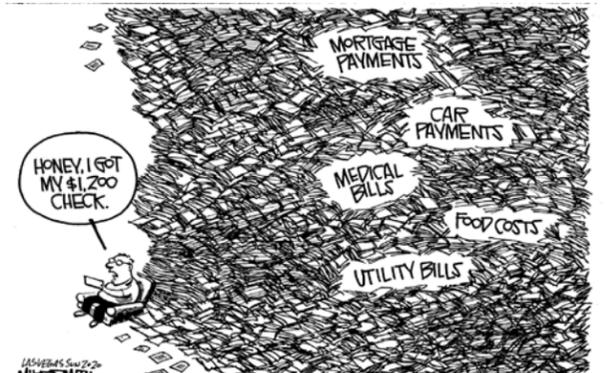
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PAGE'S PLACE

CAFE GRILL

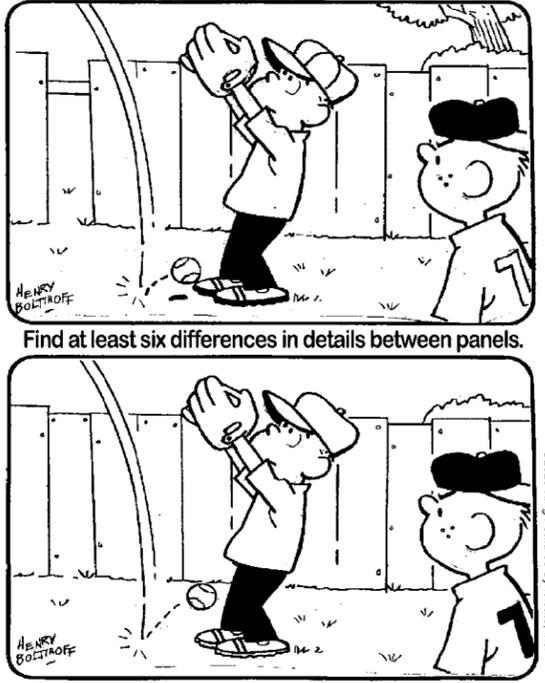
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Fence is mended. 2. Tree is higher. 3. Hat is different. 4. Shoes are different. 5. Tree is gone. 6. Seven is black.

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John Oakes, Owner M-F: 3pm-Close • Sat: 10am-Close



Create a Family Plan for Coronavirus Crisis

Like many families, we've been trying to process all of the information about the coronavirus outbreak and stay in good health. The Centers for Disease Control and Prevention's website (www.cdc.gov/coronavirus/2019-ncov/index.html) contains guidelines and information to help your family through these tumultuous times. Here are some guidelines from the CDC:

Creating A Household Plan:

The coronavirus outbreak could last for a long time in your community. Depending on its severity, public health officials may act to help keep people healthy, reduce exposures to COVID-19 and slow the spread of the virus. Creating a household plan can help protect your health and the health of those you care about. Your plan should be based the needs and daily routine of your household.

Practice everyday preventive action that can help prevent the spread of respiratory illnesses:

- Avoid close contact with people who are sick.
- Stay home when you are sick, except to get medical care.
- Cover your coughs and sneezes with a tissue.
- Clean frequently touched surfaces and objects using a regular household detergent and water.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating and after blowing your nose, coughing or sneezing.

Choose a room in your home that can be used to separate sick household members from those who are

healthy (if possible).

Avoid sharing personal items like food and drinks. Provide your sick household member with clean disposable facemasks to wear at home. Clean the sick room and bathroom, as needed, to avoid unnecessary contact with the sick person. Learn more about caring for someone with COVID-19 at home at the CDC's coronavirus website.

Plan ways to care for those who might be at greater risk for serious complications.

Data suggests older people are more likely to have serious COVID-19 illness. If you or your household members are at increased risk for coronavirus complications, consult with your health care provider for more information about monitoring for symptoms suggestive of COVID-19. The CDC will recommend actions to help keep people at high risk for complications healthy if a coronavirus outbreak occurs in your community.

Take care of the emotional health of your household members.



Depositphotos

Outbreaks can be stressful for adults and children. Children respond differently than adults to stressful situations. Talk with your children about the outbreak, try to stay calm, and reassure them that they are safe.

Create an emergency contact list.

Ensure your household has a current list of emergency contacts for family, friends, neighbors and teachers. Create a list of local organizations that you and your household can contact in the event you need help, including mental health or counseling services, food and other supplies.

Here's a comforting recipe for Roasted Tomato Soup that uses canned goods and pantry items to create a delicious meal. During these challenging days, try to stay calm, take care of yourself and your loved

ones, and remember, by the grace of God this too shall pass.

ROASTED TOMATO SOUP

After roasting the tomatoes, you can coarsely chop them to use as a sauce for pasta dishes instead of blending them into a soup.

- 2 (28-ounce) cans peeled whole tomatoes, drained, halved and seeded (such as Muir Glen, Hunt's, Contadina or Red Pack)
- 14 large fresh basil leaves, torn or 2 tablespoons Italian Seasoning
- 1/2 medium onion, cut into 1/4-inch dice
- 5 large cloves garlic, coarsely chopped or 1 teaspoon garlic powder
- 1/2 cup olive oil
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/8 teaspoon ground cloves or nutmeg
- 1/8 teaspoon ground cayenne pepper or red pepper flakes

1. Heat oven to 300 F. Spread out the tomatoes, basil, onion and garlic cloves in a large shallow pan with sides. Sprinkle with the oil and the spices, turning to coat the tomatoes evenly.

2. Bake 2 1/4 to 2 1/2 hours, basting and turning the tomatoes several times, until their color deepens to dark red. Don't let them brown; nor allow the garlic to brown, it will turn bitter.

3. Transfer the tomatoes and their juice, the oil, garlic and onions into a blender or the bowl of a food processor. Blend until smooth. Or mash the ingredients with a potato masher until smooth. Allow tomatoes to sit for 20-30-minutes to mellow.

4. Reheat soup on the stove or in a microwavable bowl for 2-3 minutes. You can freeze this soup for up to 3 months. Serves 4-6.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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P N L K G I E E G I E G E S P
C B Z E X W Y X R U K V U I S
S R R U O L F I P B A O E O I
O M L J K L I M I O G S O R D
E D B A Y X W O L S E K A C U

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: GROUND AND SIFTED WHEAT

Bread	Displays	Milk	Pies
Cakes	Doughnuts	Mixers	Sugar
Cookies	Eggs	Muffins	Yeast
Croissants	Loaves	Oil	answers on page 7

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Weekly SUDOKU

by Linda Thistle

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

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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Moments in time

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On April 14, 1818, Noah Webster, a Yale-educated lawyer with an avid interest in language and education, publishes his American Dictionary of the English Language. Webster's dictionary was one of the first to include distinctly American words, introducing more than 10,000 "Americanisms."

On April 16, 1881, on the streets of Dodge City, famous Western lawman and gunfighter Bat Masterson fights his last gun battle. He would live another 40 years. Masterson had his first shootout in 1876 in Texas over the affections of a dance hall girl named Molly Brennan.

On April 19, 1897, John J. McDermott of New York wins the first Boston Marathon, a measured distance of 24.5 miles from the Irvington Oval in Boston to Metcalf's Mill in Ashland. The marathon's distance was changed in 1908 to its current length of 26 miles 385 yards.

On April 15, 1959, new Cuban leader Fidel Castro visits the United States. President Dwight Eisenhower, however, had no intention of meeting with the communist revolutionary and instead went to the golf course.

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The Spats by Jeff Pickering

Panel 1: "I STILL HAVE THE FIRST DOLLAR I EVER MADE."
Panel 2: [Man looks thoughtful]
Panel 3: "TOO BAD I DON'T HAVE ANY OF THE REST OF THEM."

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BANANAS

Hooray for National Banana Day on April 14!

Here are some "ap-peeling" facts about this fruit.

- Every year, more than 100 billion bananas are eaten around the world, rendering them the fourth most popular agricultural product. Close to 97% of households buy bananas at least once a month. If you're an average American, you'll eat about 27 lbs. (12.3 kg) of bananas this year. But that can't compare to Ecuador, the world's leading producer of bananas, whose residents consume about 218 lbs. (99 kg)

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continued from page 3

millionth Mustang was sold in 2018. There are differing stories as to how the car was named, with one the obvious Mustang horse. But the more accurate one seems to be naming the car after the World War II P-51 Mustang fighter plane. The names of Allegro and Avventura were considered before settling on Mustang.

- April 18 has been dubbed National Animal Crackers Day, in honor of those tiny cookies that were introduced in the late 1800s. They were first known as animal biscuits, manufactured in England, and exported to the U.S. where the first batch was baked in 1871 by Stauffer's Biscuit Company in York, Pennsylvania. Prior to 1902, the crackers were sold in bulk from a barrel, but that year, Nabisco packaged the

per person every year.

- Bananas might be the world's first cultivated fruit, with evidence of planting as old as 8000 B.C. They were illustrated in ancient Egyptian hieroglyphs, and written documentation dates back to the 6th century B.C.

- Although there are nearly 1,000 different varieties of bananas, almost all of those available in supermarkets are of the Cavendish banana variety, originally native to Southeast Asia. The scientific name for banana, "musa sapientum," translates "fruit of the wise men."

- Bananas don't grow on trees, but rather on plants that reach a height of 25 feet (7.6 m), planted from bulbs, not seeds. The plant's leaves can mature to 9 feet long (2.75 m) and 2 feet (0.6 m) wide. Clusters of the fruit are known as "hands" and each single banana is a "finger," with each

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little treats in a box with pictures resembling a circus train, selling them for 5 cents. A string was added to the box that Christmas, enabling customers to hang it on the Christmas tree. Today, about 8,000 miles (12,875 km) worth of string is used every year on the more than 40 million boxes of crackers sold in 17 countries.

- A box of animal crackers contains 22 crackers in a variety of animals, including tigers, cougars, camels, kangaroos, bison, lions, hyenas, zebras, and elephants, among others. There have been different animals used over the years, with the most recent addition of the koala in 2002. Nabisco celebrated the crackers' 100th anniversary by sponsoring a contest to choose a new animal. The koala beat out the penguin, cobra, and walrus.

hand yielding 10 to 20 fingers. The roots of a plant can be hundreds of years old.

- Although bananas are grown in Hawaii (the only place in the U.S. where they are grown commercially), most of the bananas we eat come from Central and South America.

- The health benefits of bananas are many, beginning with their calorie count. Because 75% of a banana's weight is water and they contain no fat, a medium banana contains just 100 calories. They're loaded with potassium, which is good for the heart and helps guard against high blood pressure. They contain Vitamin C, as well as B6, which can aid with good sleep. Bananas contain high levels of tryptophan, an amino acid that the body converts to serotonin, a neurotransmitter that is known to contribute to happiness and well-being.

- Bananas are also good for pain relief. Rubbing the inside of a peel on a scrape or burn helps the pain go away, while reducing swelling. The oil on the inside of the peel can also relieve a mosquito bite and help with the itching and inflammation of poison ivy.

- Bananas have been a popular subject of songs, with more songs written about them than any other fruit. "Yes, We Have No Bananas!" was released in 1923 and became a major hit, #1 on the charts for five weeks and selling more than a thousand copies of the sheet music every day. "The Banana Boat Song," a Jamaican folk song, was recorded by Harry Belafonte in 1957, reaching #5 on the charts and selling more than a million copies. The tune became Belafonte's signature song.
- The first recorded banana split was served up at Latrobe, Pennsylvania's Tassel Pharmacy soda fountain in 1904. A 23-year-old apprentice pharmacist named David Evans Strickler came up with the invention and charged 10 cents, twice the price of the other ice cream sundaes.

- If you're a big fan of this fruit, stop by the Banana Club Museum in Mecca, California, where you can view a collection of more than 17,000 banana items, the world's largest collection devoted to one fruit, including the world's only petrified banana.

Just Like Cats & Dogs by Dave T. Phipps



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Even Exchange by Donna Pettman

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. Blue plus yellow	___ _ _ _ N	Welcome	___ _ _ _ T
2. Future spouse	___ I ___ _ _	Pierre's country	___ R ___ _ _
3. Mickey or Mighty	___ _ U ___ _	Code inventor	___ _ R ___ _
4. Swan Lake, for one	___ A ___ _ _	Bite the ___	___ U ___ _ _
5. Completely unnerve	___ _ _ _ E	Silky headwear	___ _ _ _ F
6. Perry Mason, e.g.	L ___ _ _ _	Finn's friend	S ___ _ _ _
7. Swap	___ _ _ D ___	Draw an outline of	___ _ _ C ___
8. Juice box	___ _ _ T ___	___ dioxide	___ _ _ B ___
9. Fret	___ _ _ R ___	Too talkative	___ _ _ D ___
10. Ant or cricket	___ _ _ C ___	"___ coin here"	___ _ _ R ___

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top ten
COSMETIC PROCEDURES

1. Breast augmentation
2. Liposuction
3. Nose reshaping
4. Eyelid surgery
5. Tummy tuck
6. Botox (et al.)
7. Dermal fillers
8. Chemical peels
9. Laser hair removal
10. Microdermabrasion

Source: American Society of Plastic Surgeons
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THIS WEEK'S CELEBRITY BIRTHDAYS

Claire Danes	4/12/79
Ron Perlman	4/13/50
Sarah Michelle Gellar	4/14/77
Emma Watson	4/15/90
Martin Lawrence	4/16/65
Victoria Beckham	4/17/74
Conan O'Brien	4/18/63

Strange BUT TRUE
 by Lucie Winborne

- Artist Salvador Dali had a unique way of occasionally avoiding the bill for drinks and meals -- he would draw on the checks, making them priceless works of art and, therefore, uncashable.
- The governor of China's Hunan Province banned Lewis Carroll's "Alice in Wonderland" because he believed that animals should not be given the power to use the language of humans, and to put animals and humans on the same level would be "disastrous."
- When the ancient Greeks staged plays, their costumes enabled audiences to identify characters. Tragic actors wore raised platform shoes called buskins to symbolize their superiority over comic actors, who would wear plain socks.
- A researcher in Madagascar was so interested in sand flea development that she let one of the bugs live inside her foot for two months.
- George Washington died after his doctors removed 40% of his blood (80 ounces) over a 12-hour period to cure a throat infection. While critics have claimed for decades that he was bled to death, the exact cause of

his demise is still debated among scholars.

- The longest time between the births of twin siblings is 87 days. Amy Ann Elliot debuted prematurely on June 1, 2012, and Kate Marie Elliot followed on Aug. 27, at Waterford Regional Hospital in County Waterford, Ireland.
- When the mummy of Ramses II was sent to France in the mid-1970s, it was issued a passport. Ramses' occupation? "King (deceased)!"
- In the early stage version of "The Wizard of Oz," Dorothy's faithful companion, Toto, was replaced by a cow named Imogene.
- Enjoy looking after kids? Consider attending Kentucky's Sullivan University, where you can major in nannying.

TIDBITS PUZZLE ANSWERS

— King Crossword —
 Answers
 Solution time: 25 mins.

U	L	N	A	C	B	S	S	C	U	P
R	I	O	T	A	I	L	E	A	R	S
G	A	I	T	T	O	O	E	T	A	S
E	R	R	A	T	A	B	A	S	A	L
				C	O	L	S	A	C	
M	O	C	K	I	N	C	H	W	O	R
A	N	A	N	I	A	M	O	O		
P	O	T	R	O	A	S	T	A	B	E
		A	A	R		A	P	R		
T	I	P	T	O	E	L	I	T	A	N
R	O	U	T	S	H	I	L	I	A	
I	T	L	L	P	O	S	S	O	C	K
M	A	T	E	Y	E	T	T	E	E	S

— Weekly SUDOKU —
 Answer

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

TRIVIA TEST
 Answers

1. Andrew Jackson
2. Dr Pepper
3. "Goldfinger" (1964)
4. 27 miles
5. Alaska
6. Aztec
7. Jupiter
8. Prophecy
9. Pablo Neruda
10. "The Catcher in the Rye"

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...
Thought for the Day
 "Love is much like a wild rose, beautiful and calm, but willing to draw blood in its defense."
 — Mark Overby
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KOVELS
Antiques & Collecting
By Terry and Kim Kovel

Whirligigs

What is a whirligig? Some move on a windy day like pinwheels. Some are moving toys, for example a man chopping wood. Many are moving garden pieces such as people chopping wood or waving a flag. The experts say there four types of whirligigs.

The first were made as early as 500 B.C. by American Indians. These were made from a bone and a strip of leather. A modern version of the whirligig has a button that spins with string. A large button with holes can be made to spin so fast that it makes a noise, and these are called buzzers or bullroarers. A more complicated whirligig is the Chinese bamboo-copter or dragon butterfly that was made in China by 400 B.C. These are pictured in some early tapes-tries.



Whirligigs scare the birds for a while, then birds seem to realize the moving parts are not dangerous, and they will eat birdseed on the ground nearby. But they do scare wild rabbits.

The most often seen whirligig is the wind-driven pinwheel. Folk-art collectors like the homemade whirligigs that show a hen pecking, a soldier fighting or a woman waving her arms. Or the ones with two men sawing wood.

These became very popular in the 1880s to 1900, and they are still being made. They are one of the newest types of folk art to become popular with collectors, and prices have been rising. Some sold for over \$1,000, even though they were very crude.

A 26-inch-high primitive carved and painted wood and iron whirligig with a blond woman waving both arms while

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ANSWER: In your case, there are potentially two good reasons to start taking vitamin D -- if your blood levels are low.

One is that with osteopenia (a condition of low bone mass, a precursor to osteoporosis, which increases risk for bone fractures), replacing low vitamin D can improve bone strength and reverse bone loss. This can keep people from needing other medications for osteoporosis, which are much more likely than vitamin D to have side effects.

Older people with vitamin D deficiency also often have some muscle weakness. If you can't get out of a chair without using your hands and you have a low vitamin D level, replacing vitamin D may help with the weakness. Of course, there are many causes for weakness in a person and there is no guarantee of effectiveness, but vitamin D is very safe in moderate doses, like 1,000 to 2,000 IU daily. Vitamin D also may reduce fall risk, probably by improving strength, especially in combination with exercise.

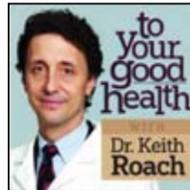
standing next to a red, white and blue ball sold for \$308 at a Skinner auction. The paint was worn, the arms and legs were stiff, and there was little motion, but it did look like it was homemade.

Q: I have a 22-piece chocolate set in excellent condition. It's marked with an "R," "Bavaria, Germany" and "warranted 18 carat gold." Each plate has a 1-inch border of gold, the cups are gold and the pitcher with lid is gold. Does the gold trim make it very valuable?

A: The gold trim does not mean it's very valuable. The words "18 carat gold" indicate the alloy used for the gold trim is 75 percent gold, but there is very little gold used

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Gibson Girl vase, purple dress, feather hat, Royal Bayreuth, gold brocaded border, green ground, 5 1/2 inches, \$35.



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Vitamin D works slowly -- weeks to months for muscle effects, and months to years for bone effects.

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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Shirvan rug, directional, repetitive flowers, beige ground, brown border, guard borders, 4 feet, 1 inch x 3 feet, 2 inches, \$215.

Pencil sharpener, Jupiter Pencil Pointer, rotary cutter disc, Guhl & Harbeck Co., 1897, 5 x 13 inches, \$355.

TIP: Don't try to restore, repaint, clean or touch up colored metal bookends. It will lower the value to remove any of the paint or to cover it with new paint.

For more collecting news, tips and resources, visit

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Lunchtime Ham and Bean Soup

April might still give us a few cold, windy days, when a bowl of soup would be more than welcoming.

1 cup finely diced celery
1 cup shredded carrots
1/2 cup chopped onion
1 (15-ounce) can diced tomatoes, undrained
3/4 cup water
1/2 cup reduced-sodium ketchup
2 (15-ounce) cans Bush's great northern beans, rinsed and drained
1 cup diced Dubuque 97% fat-free ham, or any extra-lean ham
1 teaspoon dried parsley flakes
1/8 teaspoon black pepper

1. In a medium saucepan sprayed with butter-flavored cooking spray, saute celery, carrots and onion for 5 minutes. Stir in undrained tomatoes, water and ketchup. Add great northern beans, ham, parsley flakes and black pepper. Mix well to combine. Bring mixture to a boil, stirring occasionally.

2. Lower heat, cover and simmer for 30 minutes, stirring occasionally. Makes 6 (1 full cup) servings.

* Each serving equals: About 198 calories, 2g fat, 13g protein, 32g carbs, 344mg sodium, 74mg calcium, 10g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Vegetables, 1 Starch; Carb Choices: 2

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Spicy Cornbread

This deliciously moist and tender bread is best served warm. If you like, you can make it ahead and reheat it right in the baking pan, covered, at 400 F for 20 minutes.

1 3/4 cups all-purpose flour
2 cups yellow cornmeal
1/4 cup sugar
1 tablespoon baking powder
1 teaspoon baking powder
3/4 teaspoon salt
1/2 teaspoon ground black pepper
6 tablespoons cold butter or margarine, cut up
1 can (14-ounce) cream-style corn
2 large eggs, beaten
4 green onions, sliced

1. Heat oven to 400 F. Grease 13-by-9-inch metal baking pan.

2. In large bowl, mix flour, cornmeal, sugar, baking powder, salt and pepper. With pastry blender or 2 knives used scissor-fashion, cut in butter until mixture resembles fine crumbs. With fork, stir corn, eggs and green onions into flour mixture until just blended (batter will be very stiff).

3. Spoon batter into baking pan; spread evenly. Bake cornbread 25 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack 10 minutes to serve warm, or cool completely in pan to serve later.

4. Cut lengthwise into 4 strips, then cut each strip crosswise into 6 pieces. Reheat before serving if you like. Makes 24 servings.

* Each serving: About 130 calories, 4g total fat (2g saturated), 24mg cholesterol, 835mg sodium, 21g total carbohydrate, 1g dietary fiber, 3g protein.

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

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