

**Broil Meat to Add Flavor, Says Nutrition Specialist**

You know there's something special about a broiled steak, and there are other meats that seem extra good when broiled.

Frances Cook, foods and nutrition specialist, University of Illinois college of agriculture, lists these meats as excellent for broiling: Steak or ground meat one inch thick, lamb chops one inch thick, liver one-half inch thick, ham one-half inch thick, and fish steaks. These take about 15 minutes to broil.

Remember a few simple rules for perfection when you broil meat, Miss Cook says. Let the meat stand at room temperature about 30 minutes before broiling so it won't be thoroughly chilled. Brush any meat except pork with melted fat.

It's best to preheat the broiling unit five to 10 minutes, but do not preheat the pan. Set the temperature control at the position for broiling. And place the rack where meat will broil best—usually where meat will be three inches from the source of heat.

The meat should be turned only once, Miss Cook points out. Broil it half the required time on one side, half on the other.

**Experts Suggest Safe Way To Start Wood, Coal Fire**

In starting fires in the most common types of stoves and heaters the National Board of Underwriters suggests that these steps be followed:

1. Remove all ashes and partly burned fuel from the grate and ash-pit. Clean the stove thoroughly.
2. Open the damper.
3. Using a metal container, bring in the coal and wood. Place it on the metal pad beneath the stove. That metal pad is important—if you don't have one, now is a good time to get one.
4. Twist several sheets of newspaper together and bend them in the shape of a horseshoe. Place them in the combustion chamber and put dry kindling on top of the paper.
5. Light the fire from underneath.
6. Shut the ash-pit door and partially close the side openings. Open the draft in the ash-pit door.
7. After the fire has started, place several large pieces of wood in the stove and cover them with several shovelfuls of coal.
8. Remove all unused fuel away from the stove. And remember, no kerosene or gasoline!

**Introduction of Canning**

When France, under Napoleon, was fighting the other nations of Europe, food for the French armies was one of the greatest problems. The French government, as a military measure, offered a prize of 12,000 francs to anyone who could find a satisfactory method of preserving food. A man by the name of Nicholas Appert was among those who set out to win the prize. After 15 years, in 1810, he announced that he could preserve food by first heating it and then sealing it in air-tight containers. This was the beginning of the art of canning. Appert was given the prize and is called the "father of the canning industry."

**Rembrandt, Biblical Student**

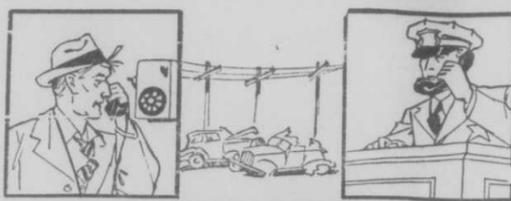
An "inner urge" drove Rembrandt, the great Dutch painter of the 17th century, to produce hundreds of Biblical pictures—despite the fact that there was little demand for religious art in Calvinist Holland. This is the conclusion of Professor Jacob Rosenberg, curator of prints at the Fogg art museum of Harvard university, after a long study of Rembrandt's life and work. In a two-volume study of "Rembrandt," Professor Rosenberg reports that the great Dutch artist gave the world 350 representations of Biblical scenes during the course of his lifetime. These included paintings, drawings and etchings.

**Most 'Shot At' Island**

Kahoolawe is an island in the Hawaiian chain that holds the distinction of being the most "shot at" spot on the face of the globe. The 45-square-mile patch of lava rock and sand west of Maui island is a target area for the U. S. navy, marine corps and air force. So many unexploded shells and bombs infest the little spot that even military men hesitate to land. Inspections when necessary are made from the air. The navy warmed up its guns on Kahoolawe before nearly every major Pacific battle. Military experts say they expect to use Kahoolawe for a target range indefinitely.

**Covered Bridges Not Obsolete**

Covered bridges, familiar landmarks of serene country roads, are still an important factor in our country's transportation system. A recent study reveals that those favorite spooning sites for grandmas and grandpa have more than proved their worth, both economically and through records of service. The first covered bridge in this country was built in Pennsylvania about 1771. Although many of these highway veterans were not built according to modern engineering plans, they remain as testimony to the integrity and ingenuity of our country's first bridge builders.



**PROTECT YOURSELF  
NOTIFY POLICE IMMEDIATELY AFTER ACCIDENT  
THEN SUBMIT WRITTEN REPORT**

**Libby News**

Mr. and Mrs. William Boothman entertained Mr. and Mrs. H. S. Hepper, Mrs. William Brad and Buz, and Max Olson at Thanksgiving dinner last Thursday.

Mrs. F. C. Robertson who recently underwent a thyroid operation in Spokane, was expected home yesterday. Many friends will be pleased to know that the operation was a complete success.

Lumber and Sawmill Worker's Union No. 2581 meets the 2nd and 4th Tuesday of each month.

Mr. and Mrs. George Schuyler and family of Ekalaka were Thanksgiving guests at the home of Mr. and Mrs. St. Marie, leaving for their home Monday. Mrs. St. Marie is Mr. Schuyler's mother.

Jim Maurer, Fred Brown, Don Madison, Tom and Gene Huchala, Eugene Eggert, Joe Applegate and Roy Davidson were among those attending the University of Montana who spent the Thanksgiving holidays in Libby with their parents.

Thomas and Fred Robertson flew to Spokane the 22nd where Mr. Robertson spent the day at the Sacred Heart Hospital. Mrs. Robertson will be released December 1 and will return home accompanied by Thomas Robertson.

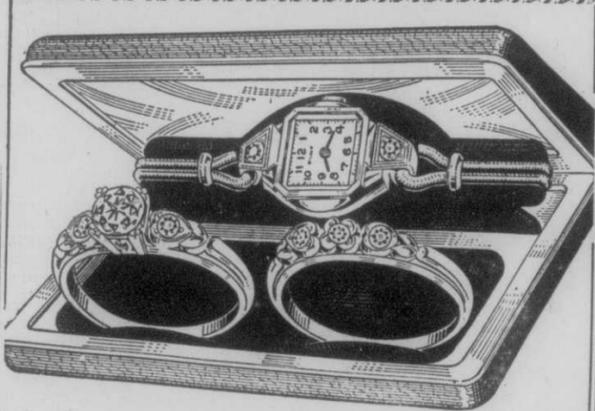
Petitions are signed and presented to the City Council asking for the closing of Montana Avenue between Lincoln Boulevard and Eighth St. The contemplated closing is due to the need of space for the Libby schools.

A University of Montana student from Miles City, Miss Mona Lee Wohlgenant visited over the holidays at the home of Mr. and Mrs. R. D. Griffith and family. Miss Wohlgenant and Mrs. Griffith are sisters.

Sportsmen who enjoyed a successful fishing trip Sunday for salmon were Mr. and Mrs. Ernest Roberts, Adolph Dolezal, John and James Croteau. The party fished on Flathead Lake. They reported slippery roads between here and Kalispell.

Hewitt William Hillis is the name of the son who was born November 21 to Mr. and Mrs. Joe Hillis of The Dalles, Ore. Both Mr. and Mrs. Hillis are former Libby young people. Mrs. Hillis being the daughter of Mr. and Mrs. E. J. Barke.

Holiday guests at the home of Charles Carrell were, Mr. and Mrs. Charles Carrell Sr. of Riddle, Ore., Mr. and Mrs. Lawrence Carrell and son Eddie of Seattle, Wash., Mrs. Ambrose Carrell of Winnett, Mr. and Mrs. Harvey Shelley and daughter Jean, Mrs. A. Kenety and Grace, all of Libby.



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**BUCKINGHAM Jewelry Store**

Diamonds of Quality

**Babies Born Prematurely Often Doomed to Blindness**

About one in every eight premature children weighing less than three pounds at birth goes blind, according to a Baltimore eye specialist. It might be connected in some way with the elaborate care given such babies under modern medical standards, he said.

Between the ages of two months and six months, the doomed infants develop a peculiar membrane behind the lens of the eye, usually in both eyes, which in most cases goes on to develop into a fibrous structure that fills the eyeball. The eyeball enlarges to a state resembling glaucoma and blindness is permanent and usually complete.

The report was made by William C. Owens, M. D., and Ella U. Owens, M. D., of Johns Hopkins university before the American Academy of Ophthalmology and Otolaryngology, at its fifty-third annual meeting.

There is no treatment for the condition, Dr. Owens said. It represents some peculiarity of development, the cause of which is so far unknown.

The condition does not exist at birth and it is therefore not congenital. It begins to appear in the second or third month, never later than the sixth month.

**Electrical Industry Hailed As Nation's Second Safest**

Electrical equipment industry had the second lowest accident-frequency rate among forty major industries in 1947, compilations just released by the National Safety Council reveal.

The rate last year sank to the lowest point ever recorded by the industry—6.02 accidents per million man-hours. This was a reduction of 21 per cent from 1946, when the industry's ranking was sixth.

The safest industry in 1947 was listed as communications, with an accident-frequency rate of 2.98. Third was steel, at 6.08. In forty-sixth place was lumbering, at 59.74. The average of the forty industries was 13.26, a reduction of 10 per cent from 1946.

In the last five years the electrical equipment industry has placed second three times, third once and sixth once. The industry is described as embracing the manufacture of automotive electrical equipment, carbon products, communication equipment, electric lamps, heavy electrical equipment, insulated wire and cable, light electrical equipment and appliances.

**NAVY ENJOYS MANY FIXINGS FOR TURKEY DAY DINNER**

The Hoist, the official newspaper of the U. S. Naval Training Center at San Diego, Calif., was sent to Mrs. William Boothman of Libby by her son, Roy Combest, who is in the Navy, stationed at San Diego where he is taking his boot training. The Hoist lists the following supplies aboard the Naval Training Center for the Thanksgiving Dinner:

- 25,000-lbs. roast tom turkey
  - 10,000-lbs. baked spiced ham
  - 3,500-lbs. of garden green peas
  - 8,500-lbs. cranberry sauce
  - 1,800 Parker House rolls
  - 3,000 pumpkin pies
  - 4,500-lbs. sausage dressing, and fixings too numerous to mention.
- Roy joined the navy the first of last November. His brother, Richard Combest served through the war in the medical department of the navy, and has re-enlisted. Richard is at Port Hueneme, Calif. Similar Thanksgiving dinners were served at each camp.

**VIENNA MAYOR SENDS MEDAL TO MONTANA**

The Governor's Office has reported that the presentation to Gov. Sam C. Ford of a medal from the city of Vienna, Austria, will be made Dec. 4.

The medal, a gift of Mayor Theodor Koerner of Vienna, is in recognition of the governor's work in 1947 on the Governor's Committee for so-called "silent guest" campaign to provide food for hungry European children.

Founder and Director Iris Gabriel of the American Silent Guest Committee will make the presentation.

**NORTHWEST MINING ASSOC. MEETS IN DECEMBER**

Spokane, Wash.—The 54th Annual convention of the Pacific Northwest Mining Association will meet in Spokane on December 3 and 4.

Roger Oscarson, executive secretary of the association, said that all western states are expected to be represented and that attendance will perhaps exceed five hundred.

The December 3 program will be a joint session with the Columbia section of the American Institute of Mining and Metallurgical Engineers.

**MONTANA SOUVENIR STAMPS POPULAR THROUGH NATION**

The Montana Chamber of Commerce says that Montana souvenir stamps, created from original paintings by Montana Artist Irvin "Shorty" Shope are attracting wide

attention both in Montana and outside the state.

The Chamber says that orders for them were recently received from Florida and Main. Income from the sale of the stamps is used in national promotion of the state's resources.



**Pre-Inventory Sale!**

... We will make very attractive reductions on Refrigerators, Electric Stoves, Electric Hot Water Tanks, Deep Freezes, Perfection Oil Stoves, Coleman Floor Furnaces, Westinghouse Laundromat and Dryer, Zenith Washing Machines... A large stock of combination doors, snow shovels and other winter necessities.

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Don't Fail to Take Advantage of These Low Prices They are temporary and for clearance purposes

**GERINGER'S HARDWARE**



**FRIDAY AND SATURDAY, DECEMBER 3 AND 4**

- Roundup 46 Ounce
- Blended Juice ..... 31c
- V-8 46 Ounce
- Vegetable Juice ..... 35c
- Del Monte—303 Size 2 For
- Early Garden Peas ... 39c
- Sunshine 2 Pounds
- Krispy Crackers ..... 49c
- The Perfect Lunch Meat 12 Ounce
- Armour's Treet ..... 49c
- For Breakfast Package
- Kellogg's Pep ..... 15c

**Meal of the Week BY MARY LEE TAYLOR**

- Roast Pork Shoulder with Potato Stuffing and Brown Gravy (Recipe below)
- Brussels Sprouts
- Cranberry Sauce
- Celery
- Hot Rolls
- Butter or Margarine
- Baked Apples

NOTE: Starred items (meal of the week specials) in ad will make the meal.

**Potato Stuffing**

- 1/4 cup finely cut onion
- 1 cup finely diced celery
- 2 tablespoons hot shortening
- 2/3 cup Fat Milk
- 1 well-beaten egg
- 1 1/4 teaspoons salt
- 1 teaspoon powdered sage (can omit)
- few grains pepper
- 2 cups finely diced, cooked potatoes
- 2 cups soft bread crumbs, 2 days old

Cook onion and celery slowly 5 minutes in hot shortening. Remove from heat; add milk, egg, salt, sage and pepper. Add potatoes and bread crumbs. Spoon lightly into pocket cut in 4 1/2 to 5 lb. pork shoulder or cavity of chicken or duck.

You Will Need: Pet Milk, 2 for 31c

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- Slab Bacon 65c
- Morrell's ..... Pound
- (Half or Whole)
- Short Ribs of Beef 37c
- Extra Nice ..... Pound
- Lute Fisk 75c
- Dried ..... Pound
- Prepare it the way you like it!
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- Morrells ..... Each

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