

Delaware Physician Promotes Full Independence of Farmer

Farmers in the early 1800's were urged by a Wilmington, Del. physician to follow the success of the Revolution with yet another type of independence — living entirely off the produce of his own farm.

Dr. James Tilton, who retired to his own 60-acre farm, urged

"Avoid the luxuries of the day and live upon the produce of your farms."

He explained his lifestyle theory in this way:

During the Revolution, independence of government or self-government, as it was emphatically styled was the rage.

"At this time, an equal zeal appears for independence in our clothing."

"And yet strange to tell, few of us think of eating and drinking independently."

Specifically, Dr. Tilton urged farmers to give up the drinking of tea — a commodity that was at the heart of the revolution.

"Your farms furnish much better foods and at a cheaper rate," he explained.

I appeal to the good sense of my countrymen to abandon the vicious and injurious habits imposed upon us by mercantile intrigue."

Dr. Tilton went so far as to forbid tea cups or saucers in his home. In addition to eliminating tea from his diet, he explained, the practice saved the need for a person to do the washing and piddling which these frivolous trinkets require.



Solitary man with sickle symbolizes independence of early farmer.

The elderly physician pointed to his own state of health as an example.

Previously he drank wine in the afternoon and said he was attacked by the gout and had

regular fits for some years. Then, he became a farmer and consumed only home-grown food and drink.

"Although I am now on the wrong side of 60 years of age, my feet have recovered their tone and hardihood. I can walk and ride and do manual labor as well as ever. I trim my orchards and shock wheat and make hay with anybody. Besides, I am chief gardener in two acres."

He further explained he still indulged in a cheering glass of spirit once or twice a day, preferring good rye whiskey or high-proof apple brandy.

"For I scorn to go abroad for anything I can get better at home."

There's no real historical proof that Dr. Tilton's advice was widely followed in such a strict disciplinarian manner as he prescribed.

But his attitude illustrates the hardy, independent spirit of the American farmer, which prevailed not only at the nation's founding but throughout its history of growth and development.

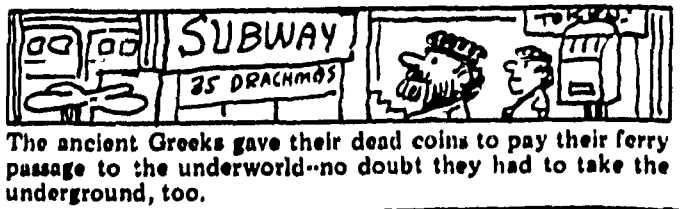
Your Funnybone
He who laughs often, laughs best. He actually lives longer and stays healthier, according to scientists who have found that laughter has a profound effect on virtually every important organ of the human body. Laughter is good for the glands and nervous system, too. The lungs are ventilated, the glands of the neck and throat get exercise, the suprarenals are stimulated and pour a little pep into the system. The heart also gets a needed rhythmic and salubrious bouncing.

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NEWS Of New Ideas

At long last, soft drink consumers can carry home large amounts of their favorite beverages in new light-weight plastic bottles. Several major areas will be seeing it in coming months.

Shoppers in Providence, R.I. were the first in the country to be introduced to the innovative package for Coke. All testing has been completed and Coca-Cola in the handy new container is on grocery shelves for the consumer.

Because of its light weight, the new bottle is easy to handle, carry and use, and so is suitably called the "Easy-Goer." Empty, it takes eight "Easy-Goer" bottles to equal the weight of a comparable one-way glass bottle. Filled, the "Easy-Goer" weighs 25 percent less than glass.

It is also tough, reducing the possibility of breakage. If a mishap occurs, the bottle usually breaks safely into a few large pieces that are not likely to cut.

The "Easy-Goer" is recyclable too. Monsanto Com-

pany, the bottle's developer and manufacturer, has set up a program for collecting the bottles and reprocessing them into new ones.

Prior to introduction, "Easy-Goer" was tested by The Coca-Cola Company for six years and was in development by Monsanto for more than a decade. This plastic bottle for Coca-Cola is a realistic package for today's living.

Double-Duty
If you're lost—remember, you can use your watch as a compass. Hold it flat and point the hour hand at the sun. South will lie halfway between the hour hand 12 o'clock. Standard time—South not North! A compass is easier.

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Thought For Food



Mushroom Vegetable Chowder
Rinse pat dry and slice ½ pound fresh mushrooms set aside. In large saucepan fry 6 slices bacon until crisp. crumble set aside. Pour off all but 3 tablespoons bacon fat. Add 1 cup diced onions to hot bacon fat saute 5 minutes. Stir in ¼ cup flour cook 2 minutes. Add 3 cups water 1 10-¾ oz can condensed chicken broth 2 cups peeled diced potatoes 1 cup sliced carrots 2 tablespoons chopped celery leaves, 2 tablespoons chopped parsley 1 bay leaf ½ teaspoon sage ¼ teaspoon black pepper. Bring to boil. Cover reduce heat simmer 20 minutes. Add celery and simmer 8 minutes. Add reserved mushrooms and simmer 3 minutes longer. Stir in milk. Heat only until hot. Stir in reserved crumbled bacon.

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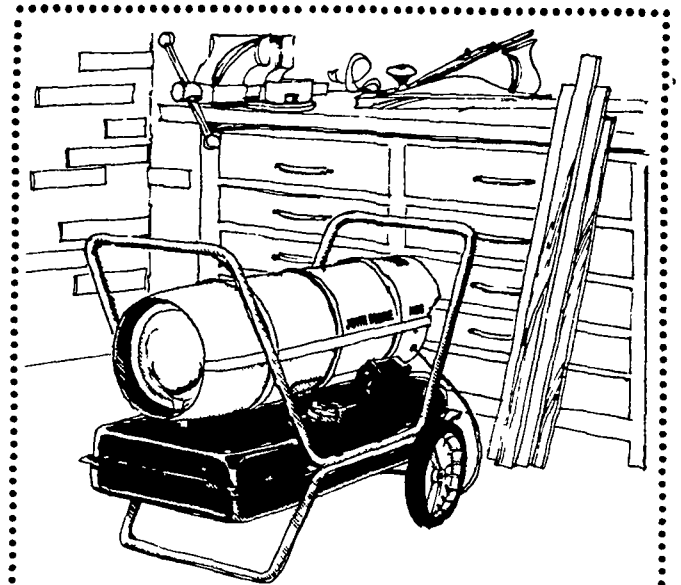
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