

Set yourself free. With Stouffer's.

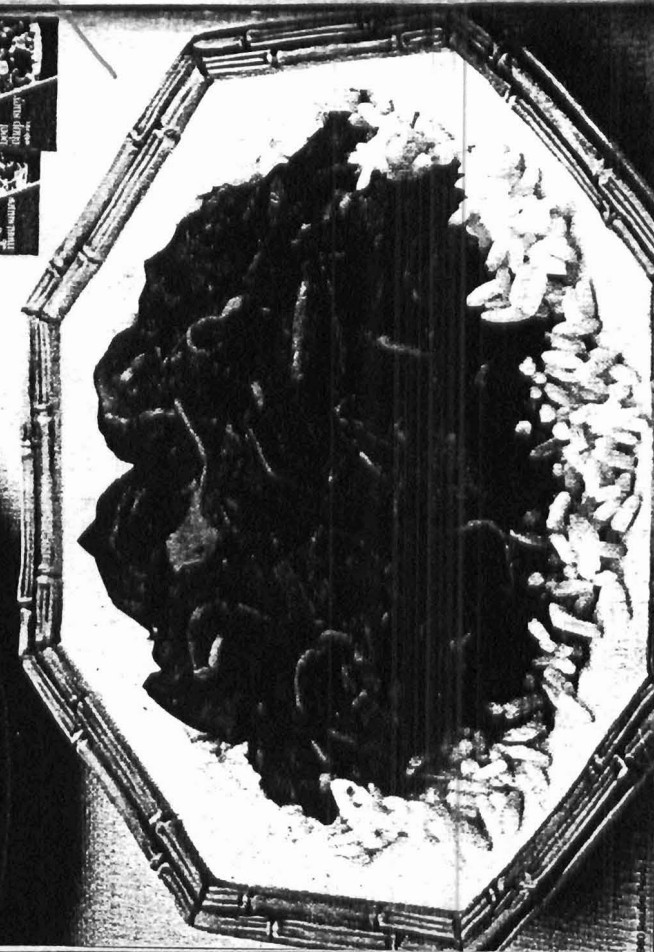
You love to eat. But you don't always have the time to cook.

That's a problem even the best cooks have. And one that Stouffer's® entrees were created to solve.

With more than 40 deliciously different choices. Like Spaghetti with Meat Sauce and Beef Chop. Sueded Rice. Each one, prepared with the kind of care, the kind of fine ingredients you'd use yourself.

So you can do the things you want to do. When you want to. And still have a good meal.

That's freedom. That's Stouffer's.



To perfect the art of putting things off, you need time—something this Pulitzer Prize-winning author hasn't got

Pity the Procrastinator

Condensed from *NEW YORK TIMES*

RUSSELL BAKER

Author of "Growing Up"

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DO YOU PUT OFF until tomorrow what you can do today? If so, you are a procrastinator and, according to psychologists who talked with the *New York Times*, you should change your ways immediately. Not tomorrow. Today.

A little procrastination is perfectly normal. The psychologists concede that. But in too many cases it is a dangerously neurotic activity that can bring grave results.

Suppose you are still putting off the chore of filing your federal income-tax return, which was due last April 15. You are courting catastrophe. Believe it or not, great numbers of people really never get around to filing tax returns on time, and not because they dread parting with their money but because they keep putting it off.

As for me, I have never procrastinated and never shall. This is not a boastful claim of personal virtue. The truth is, I never have time to put things off. What puzzles me about reports that the country is rife with procrastinators is how so many people can find time to do it.

Let me cite my own case. Today I was supposed to telephone a man to whom I owe a small sum of money and ask if he can wait for payment until next month. The reason I haven't is that I have misplaced my cordless telephone.

If a cordless telephone is as cunning as eyeglasses at staying misplaced, finding it will require at least an hour, and there simply isn't an hour available today to look for misplaced telephones. Even if there was, I wouldn't be able to phone my creditor because his