THURSDAY, MARCH 18, 2021

On This Date

37–Julius Caesar Augustus Germanicus was declared emperor of Rome.

1836 – Hudson's Bay Company paddle wheel steamer SS *Beaver* arrived at the Columbia River after a trip from England via Cape Horn. It was the first steamboat on the Pacific Coast.

1924 – The Thief of Baghdad, starring Douglas Fairbanks, opened.

1931 – A new grooming device, the electric razor, was marketed for the first time by Schick.



1990 – In the largest art theft in U.S. history, 13 paintings, collectively worth around \$500 million, were stolen from the Isabella Stewart Gardner Museum in Boston. The artwork has never been recovered.

Daily Trivia?

Montreal is the world's second-largest French-speaking city after Paris.

Quote of the Day

"Aim at the highest and you will arrive at something above mediocrity, aim at mediocrity, and you will fall below it."

~ Maude Abbott

Happy Birthday!

Maude Abbott (1869–1940) was a physician and heart pathologist who attended McGill University on a scholarship. However, she was



turned down when she applied to the university's medical school because she was a woman. She went on to graduate

with honors from Bishop's Medical College. Abbott set up a practice for women and children in Montreal, where she gained fame for her work on congenital heart diseases. In 1910, Abbott was appointed lecturer in pathology at McGill eight years before female medical students were admitted.

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Today is Awkward Moments Day, but there's no need to blush. A blush is a response triggered by adrenaline. Adrenaline coursing through our veins causes capillaries to widen, allowing blood to rush to the surface of our skin.

What's the Difference?

What's the difference between regular molasses and blackstrap molasses? Molasses is made from crushing sugarcane, boiling off excess water, and keeping the sweet syrup that is left behind. Sucrose crystallizes into sugar. The mineral-rich syrup is molasses. Light or dark molasses has a sugar content of around 70%. Continued boiling concentrates the mixture even more, carbonizing the sugars and turning the molasses into a thick, dense, and salty sludge that has a sugar content of only 45%. This is blackstrap molasses.

Buy a Vowel

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Undesirable, harmful, and quickly spreading

VNSMEK: INLASIVE

You Are What You Eat

While many Americans are familiar with Hot Pockets, those microwaveable turnovers, real Nebraskans love *runza*. Similar to a hot pocket, a runza is a yeast dough bread pocket traditionally filled with beef, cabbage or sauerkraut, onions, and seasonings. It is very similar



to a German *bierock*, a yeasted pastry sandwich with savory ingredients. Sally Everett of Sutton,

Nebraska, is credited with inventing in the 1940s both the food and its name, taken from the Low German word runsa, meaning "belly." Runzas are so popular in Nebraska that there is a chain of fast-food restaurants with the name.

Who Said So?

This English statesman and Lord Protector said, "Nature can do more than physicians."

ANSWER: Oliver Cromwell