Edgar Filing: ALLEN JOHN W - Form 4

ALLEN JOHN W Form 4 January 26, 2005 FORM 4 Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations Hiled pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section								OMB APPROVAL OMB 3235-0287 Number: January 31, Expires: January 31, 2005 Estimated average burden hours per response 0.5				
<i>See</i> Instruction 10(a) of the Investment Company Act of 1955 of Section 30(h) of the Investment Company Act of 1940												
ALLEN JOHN W Symbol				er Name an IEL FOO]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
				of Earliest Transaction /Day/Year) 2005				XDirector10% Owner Officer (give titleOther (specify below)below)				
(Street) 4. If Am				mendment, Date Original Ionth/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person				
(City)	(State)	(Zip)	Tab	le I - Non-J	Derivativ	e Secu		ired, Disposed of,	or Beneficial	ly Owned		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Executior any				(A) or		5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
Common Stock	01/24/2005			М	2,000	A	\$ 12.5625	4,645	D			
Common Stock	01/24/2005			F	806	D	\$ 31.17	3,839	D			
Common Stock	01/24/2005			G	1,194	D	\$0	2,645 <u>(1)</u>	D			
Common Stock	01/24/2005			G	1,194	A	\$ 0	10,942	Ι	Wife's Living Trust		

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	Transaction of Derivative Code Securities		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8 I S (1
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock Options (Right to Buy)	\$ 12.5625	01/24/2005		М		2,000	08/01/1995	02/01/2005	Common Stock	2,000	

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
ALLEN JOHN W 1 HORMEL PLACE AUSTIN, MN 55912	Х							
Signatures								
John W. Allen, by Power of Attorney		01/26/200)5					
**Signature of Reporting Person		Date						

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) The 2,645 shares being reported are subject to certain restrictions (including possible forfeiture applicable to restricted stock grants under the Nonemployee Director Stock Option and Award Plan.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

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