Edgar Filing: DAY THOMAS R - Form 4

DAY THON	MAS R										
Form 4	2005										
September (PROVAL	
FORM 4 UNITED STATES SE				RITIES A			ANGE CO	OMMISSION	OMB OMB Number:	3235-0287	
Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).			F CHAN Section 1 Public U	NGES IN SECU 16(a) of th	Expires: Estimated a burden hour response						
(Print or Type	Responses)										
1. Name and Address of Reporting Person <u>*</u> DAY THOMAS R								5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(M				of Earliest T Day/Year) 2005	Fransaction	I	:	Director 10% Owner X Officer (give title Other (specify below) below) Vice President			
(Street) AUSTIN, MN 55912			Filed(Month/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-	Derivative	e Secu	rities Acqu	ired, Disposed of,	or Beneficiall	y Owned	
1.Title of Security (Instr. 3)	2. Transaction Dat (Month/Day/Year)) Execution any	ned 3. 4. Securities Acquired (A			cquired (A) (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
Common Stock	09/06/2005			Code V M	Amount 7,000		Price \$ 11.9375	(Instr. 3 and 4) 8,162.82	D		
Common Stock	09/06/2005			F	1,448	D	\$ 32.3	6,714.82	D		
Common Stock	09/06/2005			S	2,600	D	\$ 32.3	4,114.82 <u>(1)</u>	D		

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

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number.

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 Derivative Code Securities		6. Date Exercisable and Expiration Date (Month/Day/Year)		(Instr. 3 and 4)		8 E S (1
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock Options (Right to Buy)	\$ 11.9375	09/06/2005		M <u>(2)</u>		7,000	05/21/1996	11/21/2005	Common Stock	7,000	

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
DAY THOMAS R 1 HORMEL PLACE AUSTIN, MN 55912			Vice President				
Signatures							

iyna

Thomas R. Day, by Power of	09/07/2005		
Attorney			
**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).
- Reporting Person holds 881 shares of phantom stock in his deferred account, and indirectly holds 3,049 shares in the 401(k) and 3,470 (1)shares in the JEPST Trust.
- (2) Reporting Person has exercised Stock Withholding Rights in connection with this option exercise, as reflected on Table I.

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.