Edgar Filing: CAVANAUGH JAMES W - Form 4

	JGH JAMES W									
Form 4 November 0	18 2004									
									OMB AF	PROVAL
FORM	UNITED	STATES		RITIES A			ANGE C	OMMISSION	OMB Number:	3235-0287
Check th if no lon subject t Section Form 4 o Form 5 obligatio may con <i>See</i> Instr 1(b).	Section 1 Public U	NGES IN SECU (6(a) of the state of the fullity Ho	January 31, 2005 Estimated average burden hours per response 0.5							
(Print or Type	Responses)									
	Address of Reporting UGH JAMES W	Person <u>*</u>	Symbol	er Name an IEL FOO			8	5. Relationship of l Issuer (Check	Reporting Pers	
(Last) 1 HORME	. , ,	Middle)		of Earliest T Day/Year) 2003	ransaction	I		Director X Officer (give to below) Corpo		Owner er (specify
AUSTIN, N	(Street) MN 55912			endment, D nth/Day/Yea	-	al		6. Individual or Joi Applicable Line) _X_ Form filed by O Form filed by Mo Person	ne Reporting Per	rson
(City)	(State)	(Zip)	Tah	le I - Non-	Derivativa	- Secu	rities Acau	iired, Disposed of,	or Beneficial	lv Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		ed Date, if	3. Transactio Code	4. Securi oror Dispo (Instr. 3,	ties A sed of	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	11/05/2004			Code V M	Amount 3,000		Price \$ 15.9063	(Instr. 3 and 4) 4,885.658	D	
Common Stock	11/05/2004			F	1,646	D	\$ 28.99	3,239.658	D	
Common Stock	11/05/2003			F	684	A	\$ 28.99	2,555.658 <u>(2)</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)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8 5 0
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock Options (Right to Buy)	\$ 15.9063	11/05/2004		M <u>(1)</u>		3,000	06/23/1997	12/23/2008	Common Stock	3,000	

Reporting Owners

Reporting Owner Name / Address	Relationships						
L O	Director	10% Owner	Officer	Other			
CAVANAUGH JAMES W 1 HORMEL PLACE AUSTIN, MN 55912			Corporate Secretary				

Signatures

/s/James W.	
Cavanaugh	11/05/2004
**Signature of Reporting	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) Reporting Person has exercised Stock Withholding Rights in connection with this option exercise, as reflected on Table I.
- (2) Reporting Person also holds indirectly 568 shares in the 401(k) Trust, 397 shares in JEPST, and 1123 shares in Founders Fund.

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.