

The Plattsmouth Journal

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MRS. R. A. BATES, Publisher

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Alvo News

Mr. and Mrs. Carl Sutton were Lincoln visitors Tuesday.

The new home, being built by Philip Coatman, is near completion.

Mrs. Elmer Klyver and Mrs. Melda Taylor were Ashland visitors Monday.

Mrs. Ben Muenchau helped Mrs. S. C. Hardnock do some papering Thursday.

Miss Alice Taylor spent last week and this week with Mrs. Katherine Hardnock of Lincoln.

The members of the Epworth League enjoyed a social hour at six o'clock Sunday evening.

Mr. and Mrs. Orval Gerbeling and Mr. and Mrs. Ellis Mickle were shopping in Omaha Thursday.

Mr. and Mrs. Jesse Williams called at the Wm. Christopherson home at Lincoln Wednesday afternoon.

Mrs. Lydia Muenchau and Miss L. He of Elmwood spent Monday afternoon at the Ben Muenchau home.

Mr. and Mrs. Glenn Dimmitt and son and Mr. and Mrs. Ellis Mickle and son were dinner guests at the William Mickle home.

Mr. and Mrs. Emil Hamilton and Mr. and Mrs. Ralph Hamilton of Central City called at the Elmer Klyver home Tuesday morning.

Mr. and Mrs. Harry Appleman were shopping in Lincoln Tuesday. Mrs. Carrie Appleman of Lincoln accompanied them home for a few days visit.

Mr. and Mrs. Roy Coatman were Plattsmouth visitors today. Mr. Coatman was obtaining materials to take care of the assessorship of the community.

Mr. Fifer is feeling some better. He has been on the sick list for two or three weeks, one week having been spent at the Veterans hospital at Lincoln.

Mrs. Ivan Armstrong and children accompanied Ivan to Alvo Saturday evening. After the show, the family spent the evening with Ivan's parents. Mr. and Mrs. Joe Armstrong.

Mrs. Melda Taylor, of Pawnee, Iowa, is spending the week with her cousin, Mrs. Elmer Klyver. She has been visiting relatives here since she came about ten days ago to attend the funeral of Mr. Stout.

Mr. and Mrs. S. C. Hardnock were Sunday afternoon visitors at the home of Mrs. Katherine Hardnock, of Lincoln. They found Mrs. Hardnock, who has been on the sick list for several days, improving from her illness.

Mr. and Mrs. Ed Edwards and family are planning to move to Lincoln in the near future. Mr. Edwards, who was formerly employed in the implement store here has accepted a position in the En-Ar-Co station in Lincoln.

Reading Club Meets

Mrs. Carl Christensen was hostess to the Alvo Woman's Reading club Thursday afternoon. A large crowd was present to enjoy a most pleasant afternoon.

Mrs. Frank Edwards had charge of a most entertaining program. The serving of delicious refreshments by Mrs. Christensen climaxed the afternoon's events.

Gave Free Show

Mrs. Pauline Rosenow, local postmistress, sponsored a free moving picture show, "Here Comes the Mail" last Saturday evening. Ivan Armstrong, a Lincoln city carrier, put on the pictures, which were shown at the school house.

A very fine explanation of the different scenes was given by Ivan as the pictures were being shown.

Mrs. L. D. Mullen Very Sick

Mrs. L. D. Mullen has been in very poor health for some time, and as Alvo has no drug store, Mr. Mullen has to go to Elmwood for medicine for the wife. He made a trip to the neighboring town for medicine for her last Tuesday. The many friends are hopeful that Mrs. Mullen will soon be in her former good health again.

Candidates Nominated At the annual caucus held Mon-

Mrs. Park Chriswisher is Laid to Rest at Nehawka

Many Old Friends Gather to Pay Tribute to Memory of Long Time Resident of County.

The funeral services for Mrs. Park Chriswisher were held on Tuesday afternoon at the Methodist church at Nehawka, Rev. W. B. Lenker, pastor of the church, conducting the services.

Mrs. Harold Dodson gave a very beautiful solo while the quartet composed of Mrs. Dodson, Mrs. H. L. Kuntz, V. O. Lundberg and Glenn Doyt, gave two of the old hymns. Mrs. E. C. Stimbart served as the accompanist.

The interment was at the Mt. Pleasant cemetery in the community where the family had made their home for many years.

Rebecca J. Cotner was born in Corydon, Indiana, September 18, 1870, and departed from this life March 13, 1937, at the age of sixty-six years, six months and thirteen days.

With her parents, Mr. and Mrs. J. B. Cotner, she came to Cass county in the year 1888.

When reaching sixteen years of age she affiliated with the United Brethren church in her childhood home at Corydon.

The greater part of her lifetime was spent in the Nehawka community and where she was married on December 21, 1890, to Park Chriswisher. To them three children were born, Lester A. Chriswisher of Bennett, Colorado, Herbert C. Chriswisher, of Boise, Idaho, who with the husband mourn her passing. One son, Willie E., died in infancy.

There is also surviving the aged mother, Mrs. Sarah Cotner, of Plattsmouth; six brothers, Dr. Wash Cotner, of Bingham, Arkansas, Walter G. Cotner, Howard M. Cotner, of Red Cloud, Nebraska, Edward E. Cotner, Clarence C. Cotner, and Albert A. Cotner, of Plattsmouth; one sister, Mrs. Cora A. Kiser, of Tabor, Iowa, as well as five grandchildren.

Mrs. Chriswisher was in her lifetime a kind and loving wife and mother, and a faithful believer in the word of the Master. In her going the family has suffered a loss that cannot be replaced and the community a well loved resident.

The following four candidates were named for the two regular three year terms on the board: Harold Nickel, Earl Bennett, Carl Ganz and Ellis Mickle. The two receiving the highest number of votes at the April election will be elected. To fill a vacancy on the board for the unexpired term, Willard Timblin and Simon Reineier were named and the one receiving the highest number of votes will be elected.

Methodist Church

Fifty children were baptized at the Methodist church in Alvo yesterday morning. 38 new members were received into the church. Rev. Ben Wallace is the minister.

RECEIVES HONOR

Lincoln, Neb.—Miss Lois Bestor of Plattsmouth, a junior at the University of Nebraska, was recently honored with a special appointment to serve as page at the D.A.R. Continental Congress in Washington, D. C. The appointment was made at the request of Mrs. Frank Baker, state regent. Miss Bestor will leave about the middle of April with three other Nebraska pages, and will be in the capital city for about a week. At the university, Miss Bestor is a resident of Carrie Belle Raymond hall.

DEPARTS FOR WEST

Mrs. Cecil Shaw and little child, who have been making their home in this community, departed Friday afternoon for Oakland, California, where they will join Mr. Shaw. They will reside at Oakland where Mr. Shaw is employed by the Southern Pacific.

John, Mary and Jack

DENTISTRY and PUBLIC HEALTH
Approved by American Dental Association and the United States Public Health Service
PLATTSMOUTH DENTAL SOCIETY

CHAPTER IV

It was late in October. A raw, cold wind whipped spearheads of rain against Mary's face as she hurried to Dr. Hayes' office. Entering his reception room she sat down exhausted. Drying her rain streaked face with her tiny lace handkerchief she discovered that part of her fatigue was due to a slight cold.

"Good afternoon, Mrs. Reynolds," said the doctor, as she entered his consultation room. "How are you feeling today?"

"Quite well," replied Mary, "except that this terrible weather has given me a cold."

"Don't blame the weather, my dear," answered the doctor. "Blame yourself and me. I'll assume some of the burden. I should have watched your vitamin intake a little more closely. You have gotten along so splendidly that we can't afford to let you develop a cold. You haven't been getting out in the sun lately have you?"

"There hasn't been any sun to get into," laughed Mary. "and I have been taking that vitamin D you gave me last month."

"Apparently you have not been getting enough vitamin A or D," said the doctor. "I'll increase that prescription for you."

"What are vitamins, doctor, and what do they do?" asked Mary.

"I can't answer you first question, Mrs. Reynolds, because no one knows exactly what vitamins are. No one has ever actually seen a vitamin. I believe one scientist has recently claimed to have isolated one of the vitamins, but we are not sure. I sometimes compare vitamins to oxygen. You never saw free oxygen, yet your life depends upon it. Sometimes I like to compare vitamins with sleep; you can't see sleep, yet without it the body would soon wear out."

"To date science has discovered six vitamins, A, B, C, D, E, and G. Vitamin A promotes growth and helps you resist disease, especially diseases of the nose, throat and lungs. Vitamin A is found in milk, green vegetables and in some animal and fish livers. Oils made from cod and halibut livers are rich in vitamin A. We are going to fight that cold of yours by giving you more of this particular vitamin. It will help you fight the infection. Of course you must also keep warm and dry; in fact I want you to go to bed and stay there for the next 24 or 48 hours. Be sure your room is well ventilated and drink plenty of water, lemonade or orange juice. Rest and build up your resistance. That's the best way to fight a cold."

"Vitamin B is also necessary in your particular case. It helps prevent constipation, nervousness, loss of weight and general weakness. It is found in the germ cells of grain, yeast, malt extracts, and in many of the vegetables and fruits."

"Oh," said Mrs. Reynolds, "that is why you advised me to eat whole grain cereals and take brewers' yeast?"

"That's right," said Dr. Hayes. "You know the human body is a delicate and complicated machine. It can adjust itself to abuse, but it runs much better with proper care. Just like an automobile. A motor can chug along for a long time even though the carburetor is giving a poor mixture of air and gasoline. It can run for a while if the oil is poor, the spark plugs dirty or the water low, but how much better it runs with new spark plugs and good oil and good gasoline. Vitamins are one of the necessary little gadgets needed to keep our motor in good running order."

"I don't need to tell you about vitamins C and D. You read about them every day. Vitamin C is found in citrus fruits, oranges, grapefruit and lemons. Tomatoes are another good source of vitamin C. It prevents scurvy, strengthens tissue tone and helps keep your gums firm and healthy. The body cannot store up much vitamin C, so you must eat some foods containing it every day."

"Vitamin D, like vitamin A, is found in the livers of the cod and halibut and some types of salmon. Egg yolk is very rich in vitamin D. Milk, cream and butter contain some of this vitamin. Sunlight is the best source of supply. The action of sunlight on the bare skin produces vitamin D in the body."

"I've had to discontinue my sun baths lately," said Mary. "The weather has been too cold."

"I know," replied Dr. Hayes, "our bodies are a little too tender to withstand the rigors of winter. That is why we advise Borte Sunshine—cod liver oil or similar preparations. This is especially important to you because vitamin D enables you to use the phosphorus and calcium in your food to build strong body teeth and bones for your youngster. You must manufacture strong teeth for the child to prevent their decaying."

"I hope," said Mary, "that with your help I prove to be a good manufacturer."

"At that moment John was ushered into the office. "Good evening, doctor; hello Mary. What do you know?"

"I know a lot," said Mary. "In fact I'm an educated woman. I've spent the last hour learning my A, B, C's."

(Continued)

Are His Eyes Bigger Than His Stomach?



Elmwood News

Joseph Abrams, telephone company manager at Weeping Water, was looking after business for the telephone company in Elmwood last Tuesday afternoon.

J. P. Cobb, president of the Elmwood Exchange Bank, accompanied by his wife, were visiting and looking after business matters in Lincoln Monday of last week.

Jean Adair Bothwell, daughter of Mr. and Mrs. N. D. Bothwell, has been on the sick list, having to remain home from school a number of days. She is now feeling better.

L. L. Caygill has been feeling rather poorly from a severe cold which he felt might terminate in influenza, but by careful treatment was able to ward off the malady.

Orville Miller and wife entertained a number of friends at their home last Friday. Pinochle games provided part of the evening's entertainment, being followed with the serving of a delicious luncheon.

Mrs. C. H. Shadley, mother of Mrs. Herman Pennterman, who left a week ago for McCook, after having spent the winter here, writes that she arrived there safely and is feeling fine since getting home.

Attorney Guy Clement and wife were called to Lincoln on Tuesday of last week, where Mr. Clement had some business to transact and during the time he was thus occupied, Mrs. Clement visited with friends.

Ronald Schlichtemeier has not been feeling the best during the past week, but has kept going and by the end of the week was somewhat improved. Colds and influenza are very prevalent just now, and many are indisposed, some having to quit work and remain at home.

Improving Their Yards The Missouri Pacific railroad has been making some improvements along their tracks where the lumber yard, the elevators and other business places are situated adjoining the right of way. A car load of cinders was shipped in from one of their railroad shops and spread up

and down the driveways making it possible to get in and out with cars and trucks in all kinds of weather. One of the places most benefited is where the Standard Oil company has its tanks.

Looking After Business Here Bert Clifford of Louisville, one of the old time barbers and still actively engaged in this line of work, was in Elmwood last Tuesday, calling on his friend, Charles West, and also making arrangements for Kenneth West to work for him in Louisville.

Business Changes Recently Mr. and Mrs. Hinesline asked to be relieved of the operation of the cream and produce station they had conducted here and Elihu Lyon took over the business and conducted it for a time when he received word that he might obtain a position at Culbertson as a printer. So he asked to be relieved and Mr. and Mrs. Hinesline again took the business over. Mr. Lyon hastened to

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Visited Here Tuesday E. W. Thingman, of Plattsmouth, having business matters to look after in Lincoln last Tuesday, was accompanied as far as Murdock by Mrs. Thingman, who spent the day there visiting relatives, while Mr. Thingman continued on to the capital city. On the return trip, Mr. Thingman stepped in Elmwood to look after some business and then went on to Murdock to pick up Mrs. Thingman before returning home.

Enjoyed Hard Time Party The Ladies Aid of the Christian Church met last Tuesday afternoon at the home of Mr. and Mrs. Edward Ernest. The gathering was in the nature of a hard times party, all being required to come dressed in their old and tattered garments—and any who failed to do so were asked to extend extra assistance to the finances of the church. The afternoon was most pleasantly spent and at the same time the treasury was replenished by a considerable amount of money.

Deeds, Mortgages and all sorts of legal blanks for sale at Journal office.

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COUNTY CLUB NEWS

Weeping Water Woman's Club— The Weeping Water Woman's club met at the home of Mrs. H. T. Heigle on Tuesday, March 16.

Mrs. C. J. Schwerts gave a paper, "America's Conservation of Wild Life." She spoke of national, state, and county conservation and explained ways in which we can all help to conserve the wild flowers, trees, shrubs, animals, birds, and fish in our own county and state.

Mrs. Frank Domingo's paper, "Our Nebraska National Park," described the national monument park which will be located on the Daniel Freeman farm about five miles northwest of Beatrice, Nebraska. This 160 acre tract has not yet been purchased but it is probable that congress will appropriate money for it during this session.

Through the courtesy of the Cole Motor company, Mrs. Creta Johnson presented a film, "Looking Forward Through the Past." The pictures were of Greenfield Village at Dearborn, Michigan. In this village Henry Ford has assembled the original workshops of many great men.

Morning Glory Club— Members of the Morning Glory club met at the G. A. R. hall in Elmwood last Friday for their local achievement party. The evening's program opened with a play. Song numbers were given by Grace and LaDeal Kunze. Mrs. Hay and Mrs. Wm. Shick gave readings.

A shower was also given during the evening for Mr. and Mrs. Junior Shick. In their honor a mock wedding was presented. Mrs. Joe Kunze sang an original song which had been written for the occasion. After congratulations, the remainder of the evening was spent in visiting and playing bingo.

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HELP KIDNEYS

To Get Rid of Acid and Poisonous Waste Your kidneys help to keep you well by constantly filtering waste matter from the blood. If your kidneys get functionally disordered and fail to remove excess impurities, there may be poisoning of the whole system and body-wide distress. Burning, scanty or too frequent urination may be a warning of some kidney or bladder disturbance. You may suffer nagging backache, persistent headache, attacks of dizziness, getting up nights, swelling, puffiness under the eyes—feel weak, nervous, all played out. In such cases it is better to rely on a medicine that has won country-wide acclaim than on something less favorably known. Use Doan's Pills. A multitude of grateful people recommend Doan's. Ask your neighbor.

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