

# MURRAY

By Journal Field Representative

M. R. Cooley and wife, making their home east of Murray, were guests of friends in Omaha for a couple of days during the past week.

Rev. A. Lentz, pastor of the Eight Mile church west of Plattsouth, was a visitor in Murray on Monday morning of this week. He was looking after business while here.

Mrs. Margaret Todd, who is attending business college in Omaha where she is taking a course in business administration, was visiting home for over the week-end with her parents, Mr. and Mrs. C. D. Spangler.

Guy Wiles, who makes his home over near Plattsouth, was a visitor in Murray on last Monday, where he was looking after some business matters. He purchased some lumber for some buildings on his farm.

R. H. Bestor and family of Plattsouth were guests for the afternoon last Sunday at the home of Mr. and Mrs. W. O. Troop. Mr. and Mrs. Bestor and their little son made up the party.

A. G. Long was over to Plattsouth on last Friday for a load of coal, as at that time there was none at Murray, and was accompanied by John Frans. They were able to secure what they wanted there.

The Murray Lumber Yard which handles coal, had a car ordered and because of the heavy traffic for national defense and the big snow storm it was considerably delayed. He took seven days for the car to come from Council Bluffs to Murray.

Edward Lewis of Union was a guest at the home of his sister, Mrs. Earl Merritt, and also at the home of his brother, Lloyd Lewis, and family who make their home east of Murray. Mr. and Mrs. Wayne Lewis also were visiting at the homes of Earl Merritt and Lloyd Lewis.

Mr. and Mrs. J. A. Scotten were over to Plattsouth on Friday of last week where they went to do some trading. They had the misfortune of having their car burn out some bearings because of the oil being so cold it could not circulate. But who would know that it was so cold the car would freeze up.

Mr. W. O. Troop and daughter, Mrs. Victor Wehrlein and her husband were over to Plattsouth on last Saturday and as well in Omaha, where they were looking after some business. While there Mr. and Mrs. Wehrlein succeeded in renting a farm near Ralston where they will live the coming season. They expect to move near the first of March.

Lucean Carper of the Murray Hardware and Implement company was over to Weeping Water on last Monday in attendance at the school which the government is putting on in an endeavor to have all farm machinery repaired and put in proper condition in order to make the machinery serve another year so that both labor and new machine could be used for national defense.

**Attends Medical Meeting**  
Drs. George H. Gilmour and R. W. Tyson, with their families, were in attendance at Cass County Medical association Tuesday afternoon and evening where they attended the regular meeting and enjoyed a splendid time. The ladies also have their place in the meetings of the association which they greatly enjoy.

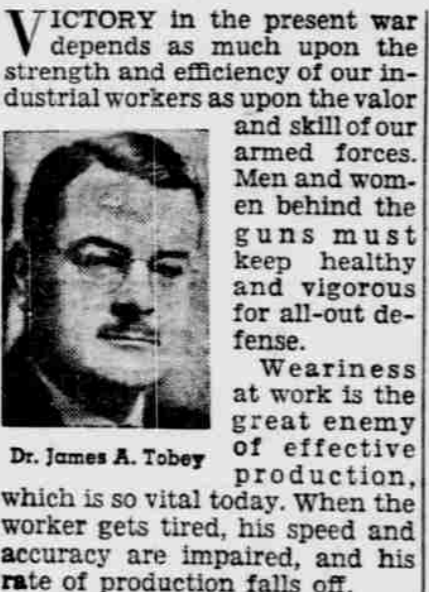
**Conducts Service Here Sunday**  
With no pastor for the Christian church in Murray, they have been having the Rev. Gerald Gardner, pastor of the Elmwood Christian church as pastor in Murray. He has been conducting services on Sunday evenings and at Elmwood in the mornings. The church likes Rev. Gardner very much. However they will have a minister come and deliver a trial discourse soon with the view of obtaining a resident pastor.

**To Have First Aid School**  
Murray is looking after her citizens as well as doing their portion in the direction of national defense. There is soon to be established a first aid school which will be held in

## PRACTICAL HEALTH HINTS

### Controlling Fatigue in War Workers

By Dr. James A. Tobey



Dr. James A. Tobey

VICTORY in the present war depends as much upon the strength and efficiency of our industrial workers as upon the valor and skill of our armed forces. Men and women behind the guns must keep healthy and vigorous for all-out defense. Weariness at work is the great enemy of effective production, which is so vital today. When the worker gets tired, his speed and accuracy are impaired, and his rate of production falls off.

Fatigue may be caused by too little rest and sleep, too much physical exertion, too much nervous strain, too much noise and vibration, by monotonous work, and finally, by insufficient food. Tiredness in workers generally occurs late in the morning and afternoon. The individual who gets worn out by noon usually revives somewhat after lunch, when he has the benefit of food and a brief rest. Most fatigue can be alleviated by eating the right foods at the right

time. In many offices and factories experience has shown that between-meal feedings of workers will prevent lassitude, and result in increased production. The best foods for these extra meals are those fairly high in carbohydrates, or starches and sugars. Sandwiches, fruits and fruit juices, plain cake, and chocolate or malt flavored milk drinks are all valuable. Such between-meal feedings should be both light and nutritious, and should be part of the whole day's diet. Instead of eating a huge repast after he gets home, the worker will feel better and work better if he takes some nourishment at 3 or 4 p.m., and a less hearty meal later.

Sandwiches used for these snacks should be made of enriched white bread, whole wheat, rye, or dark raisin bread, all of which contain valuable vitamins and iron. The thiamine, or vitamin B, and the iron in these breads are both helpful in overcoming fatigue. In addition to proper food, workers must also get sufficient rest and recreation. They should avoid mental and emotional upsets, should do their work cheerfully, and give everything they have in support of our boys in the front lines.

Murray at a place to be designated later and of which due notice will be given through publication. The school will be extended over five weeks and students will be given instruction two hours each week, a total of ten hours. After taking the course one should be able to give first aid to most of the accidents that occur in every day life and also be able to assist materially in event of a major emergency.

**Charles Meade Home From East**  
Some time ago, when Ivan Delles Denier and family were visiting here for the Christmas time, C. M. Meade concluded he would accompany them to their home in Ohio and visit with his daughter, Mrs. James Comstock. Mr. Meade enjoyed his visit there and also saw what the east is doing. He returned last week-end, coming to Omaha about midnight Sunday where he was met by Mr. and Mrs. Olin Morris, who brought him to Murray.

**Meet With Painful Accident**  
While Herman Wohlfarth, who is road patrolman, was making some repairs on his maintainer he got a portion of his hand caught in some of the machinery, crushing the small finger and hand very severely. The doctor dressed the injury which is getting along nicely but which will be some time before entirely well.

**Presbyterian Ladies Meet**  
The Ladies of the Presbyterian church were enjoying a gathering at the church parlors on last Friday when they held their gathering and as well looked after the business affairs of the society. They found the weather pretty severe but with a good fire inside the building they got along very nicely.

**Mrs. Earl Merritt Ill**  
Mrs. Earl Merritt, who has been very ill and kept to her home and bed for the past three weeks, is reported as being somewhat improved, although not yet able to leave her bed. During the time she had been kept to her bed she has been visited by a large number of her friends, which was greatly appreciated by the patient.

**Visit With Friend**  
Mrs. J. S. Pittmar, who is not in the best of health and has been coming to Murray for medical treatment, was up last Saturday and after the consultation with her doctor, went to the home of her friend, Mrs. Earl Merritt, who has been ill at her home for the past three weeks. The ladies enjoyed a very nice visit notwithstanding both were not feeling so well.

**Snow Bound For Entire Week**  
A. G. Cisney, better known as "Mile" Cisney, was snow bound for an entire week at their home west of the Otterbein church. Because of the deep drifts they were unable to get out for an entire week, having to walk over to the W. O. Troop home for mail and groceries. Sunday the big road machine got through the snow.

**Doing Very Fine in Texas**  
John Hicks, who is a brother of Mrs. C. F. Hitt, whose husband is a former Plattsouth carpenter and

at one time farmed east of Nehawka was in Murray to consult his doctor early this week. He states that the C. F. Hitt family is now located in Texas and are doing very well. Mr. Hitt is working at carpentering and his eldest son, Billie, as an apprentice, at Galveston. They are now living at Houston. Mrs. Hitt was formerly Margaret Hicks of Nehawka.

**Enjoy Nice Visit Here**  
Mr. and Mrs. Ralph Kennedy and their daughter, Miss Betty, of Seattle, who were visiting at the home of the parents of Mrs. Kennedy, Mr. and Mrs. A. G. Long, enjoyed a pleasant stay. The left Saturday night by car and arrived at their home Wednesday. The Kennedy family enjoys living in the west and Mr. Kenney says business in his line, carpentry, is very good.

**Not In Time For Murray Department**  
The list of contributions to the latest Red Cross drive which was sent to the Journal for publication did not arrive in time to be placed in the Murray department and so was held over until Monday and placed on the first page rather than wait until the latter portion of the week. As there has been several additional contributions the whole list follows:

Murray Quota, \$150.00.	
Murray State Bank	10.00
C. D. Spangler	5.00
Geo. E. Nickles	5.00
E. S. Tutt	1.00
Rev. Neil Stewart	2.00
Henry Kircher	1.00
J. A. Davis	5.00
A. L. Carper	5.00
Charles H. Boedecker	5.00
Ben J. Noell	1.00
John J. Stones	1.00
Dr. R. W. Tyson	5.00
G. E. Brubacher	5.00
O. A. Davis	5.00
Dr. G. H. Gilmore	2.00
John Sans	1.00
Mrs. Margaret Brendel	2.00
Frank Mrasek	2.00
C. M. Read	5.00
Parr Young	1.00
Vearl G. Smith	10.00
W. G. Boedecker	1.00
H. B. Hutchman	1.00
Eather Rhoden	1.00
Ima Dvorak	1.00
Mr. and Mrs. Everett Spangler	10.00
Chester Stone	1.00
Mr. and Mrs. Will Seybolt	2.00
Bert Jameson	2.00

**Conducting Red Cross Classes**  
Dr. R. W. Tyson of Murray is conducting Red Cross first aid classes. Anyone wishing instruction should contact Dr. Tyson at once.

**Mur-aw-aka Club**  
A Christmas party for the club members and their families was held at the home of Mrs. Parr Young. The evening was spent in playing several games of pinocle. Winners were Mrs. Towner Livingston and DeForest Ward.

**Mr. Young Showed Us Pictures**  
Mr. Young showed us pictures of their various trips, which was enjoyed by everyone. The club members helped serve a delicious lunch. Next meeting will be at the home of Mrs. O'Connor, January 21.—News Reporter.

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## UNION ITEMS

By Journal Field Representative

During the time Miss Mary Becker was in Omaha, Mrs. Ora Guerra was looking after matters at the bank.

C. E. Morris and family were guests for the day on last Sunday with the family of Olin Morris, their son, at Murray.

Bernard Morris was over to Plattsouth on last Monday where he went to take his second examination as he is to enter training in a few days.

Sidney Cook was over to Murray on last Monday where he went to take the physical examination as he has been called to the army.

Mr. and Mrs. Victor Clarence were over to Omaha on last Thursday where they were taking for delivery a truck load of produce. They say they found the weather very severe.

There was no school in District No. 11 for a number of days as the teacher was taken ill. Another instructor has been obtained and the school has been reopened.

Miss Petersen, a teacher in the Union schools, has resigned on account of poor health and Russell Schaffer has accepted the position. He is now a member of the high school faculty.

Robert Opp, who is a student in the state university, was enjoying a visit at the home of his parents, Mr. and Mrs. Ralph Opp, for the mid-winter holidays and has returned to his studies.

Mrs. Lillian Lidgett, who was assisting at the home of Mrs. Martha Lynn and daughter and Mrs. John Lidgett, where the two latter ladies have been very ill, has returned home.

A letter from Elmer Withrow, Jr., better known as "Tuggles," coming from the Pacific ocean, tells of his being all right, was received on Monday of this week by his parents, but from just where they do not know.

George Stites was called to Omaha Monday of this week where he went to attend the funeral of a friend, Mrs. John Atchison. He was accompanied by Miss Mary Becker, who was going to secure some dental work.

Mr. and Mrs. Joe Banning and son, Lucean, of Union, and Mr. and Mrs. Carl Peters of Nebraska City were dinner guests Sunday at the home of Mr. and Mrs. W. B. Banning. A delightful dinner and pleasant time was had.

Mrs. J. G. Snodgrass, mother of our townsman, Howard Snodgrass, arrived at the Snodgrass home on New Year's eve for a visit with the son and his family. She was taken to Johnson for a visit with other relatives and friends after a pleasant sojourn here.

John H. Kunkel, father of Rev. Kunkel, former minister of the Methodist church of Union, who has been making his home at Oregon.

On Friday of last week Leslie Everett, who has been employed on the bomber plant at Fort Crook, with the family, moved to Plattsouth where they will make their home and which will allow Mr. Everett much less traveling morning and evening. Mr. Everett is a watchman at the bomber plant. Mo., has moved to St. Joseph, where he is now living. The elder Mr. Kunkel lately celebrated the passing of his 97th birthday anniversary and is feeling very well.

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**Taken To Omaha Hospital**  
Mrs. Myrtle Hathaway, who has been a patient at the St. Mary's hospital at Nebraska City, returned home last week, and a few days later she was taken to the University hospital in Omaha where she is under observation and receiving treatment. Her many friends are hoping she may be improved in health and soon be able to be allowed to return to her home here.

**Showing Improvement**  
Mrs. John Lidgett, who returned from the hospital at Omaha where she was a patient for several weeks, is showing good improvement. She is being cared for by her mother, Mrs. Martha Lynn who is now in much better health than she has been, and with the assistance of Mr. Lidgett is managing the household. Mrs. Lynn is greatly inconvenienced as she is unable to use one hand.

**Undergoes Major Operation**  
Mrs. Dale Karnopp, who underwent a major operation at the St. Mary's hospital in Nebraska City last Thursday, is rallying nicely and making substantial improvement. She is still at the hospital. Mrs. Wm. Karnopp, mother of Dale, is here caring for the children while their mother is in the hospital. The many friends of Mrs. Karnopp are wishing for a speedy recovery.

**Local Teacher Married**  
Miss Trews, one of the popular teachers of the Union school, and a young man of Lincoln, Marion Huls, were united in marriage one day during the past week. The bride will continue to teach in the school here. The students of the department which is looked after by this young lady gathered and went one night last week to extend felicitations and best wishes and expressed their gratitude that she would continue to be their instructor.

**Dies at Oregon, Missouri**  
Mrs. John Elster, 80, of Oregon, Mo., mother of Mrs. Howard Snodgrass, died last Friday at her home in Missouri. The funeral and burial of the esteemed lady was held at Oregon.

**Departs For The West**  
Bud Meredith and Duane Keene departed on Monday of this week for California where they expect to enlist in the airplane corps as they are desiring to do their part for their government.

**Receives Neck Injury**  
While Joseph Lindsay was working on a corn crib at the farm a ladder on which he was standing slipped on the ice covered place on which it was resting, causing Mr. Lindsay to receive a severe fall. As a result

of the accident Mr. Lindsay received a wrench of his neck which is so painful he is scarcely able to get about. At present he is improving and hopes to soon be his normal self.

**To Live Near Washington, D. C.**  
Mr. and Mrs. Jesse Dysart, who have been making their home in Union for some time, have decided to move to the east and will reside near Washington, D. C., in Virginia. They will reside with their son, Ralph, and his family, who have been in the east for some time.

**"KEEP 'EM READING"**  
VICTORY BOOK CAMPAIGN

The call has gone out from the American Library Association for books for the boys in camp, and the library will be the point from which the books are sent to these boys.

It is hoped that 100,000 books will be donated throughout the United States; our locality should do their part; it is a small service in return for what our boys are doing for you.

The following types of books are requested: adventure, mystery, aviation stories, texts, not earlier than 1935, sports, humor, westerns, biography, travel, in fact such books as you would want yourself, the books you are reading now.

Many of the camps are located a distance from towns; the boys want some entertainment to occupy those lonesome hours before bed time. Do your part to help the Victory Book Campaign. Books will be received at the public library during regular hours.

**ADD TO SALVAGE COMMITTEE**  
LINCOLN, Jan. 15 (UP)—Three Nebraskans today were named to the executive committee of the state salvage committee. Appointments announced by Chairman Joe Seacrest are: C. E. Alter, Alma; Sam Eber and Frank Daugherty, both of Omaha. Seacrest and the state committee's executive secretary, Mark T. Caster will be ex-officio members of the executive committee, which is scheduled to meet "soon" to name the personnel of the state salvage committee.

**SUNOWA NEWS**  
We met at the library January 12, 1942. The meeting was called to order by our president Margaret Heineman. The secretary read the minutes of the last meeting. The treasurer, Janet Tiekotter, was absent. We made plans for a play in February sometime and a candy sale soon. The money will go for the Red Cross. We then closed the business meeting. We played some games. We then ended the meeting by singing the Camp Fire law.

CAROL LOU BERNHARDT, Scribe.

Our stock of legal blanks is most complete. Reasonably priced, too!

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LINCOLN, Jan. 15 (UP)—Three Nebraskans today were named to the executive committee of the state salvage committee. Appointments announced by Chairman Joe Seacrest are: C. E. Alter, Alma; Sam Eber and Frank Daugherty, both of Omaha. Seacrest and the state committee's executive secretary, Mark T. Caster will be ex-officio members of the executive committee, which is scheduled to meet "soon" to name the personnel of the state salvage committee.

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LIFE'S LITTLE JOKES—NUMBER 75,490



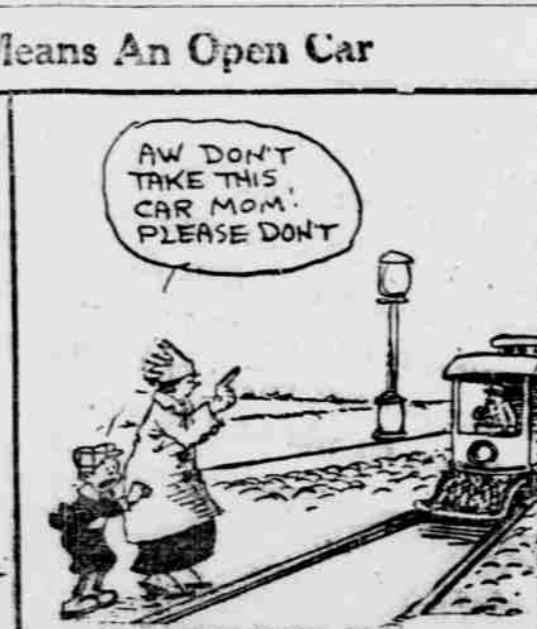
REG'LAR FELLERS



Guess He Means An Open Car



By Gene Byrnes



By Gene Byrnes



**STOCK RUBBER STAMPS**  
Remember Pearl Harbor Buy Defense Stamps 75c ea. Plattsouth Journal

Wilson covers Washington

Staff-member of the United Press Washington bureau for 14 years and its head for the last nine, Lyle C. Wilson is today one of the nation's best-informed, best-known reporters and analysts of the nation's news. Earlier experience with United Press in London and on the cable desk in New York have equipped Wilson with a world-viewpoint, especially valuable in appraising American events. Follow his U. P. dispatches in The Plattsouth Journal