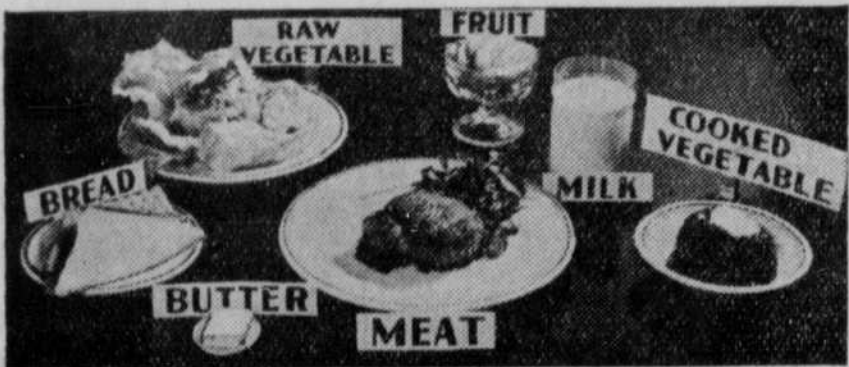
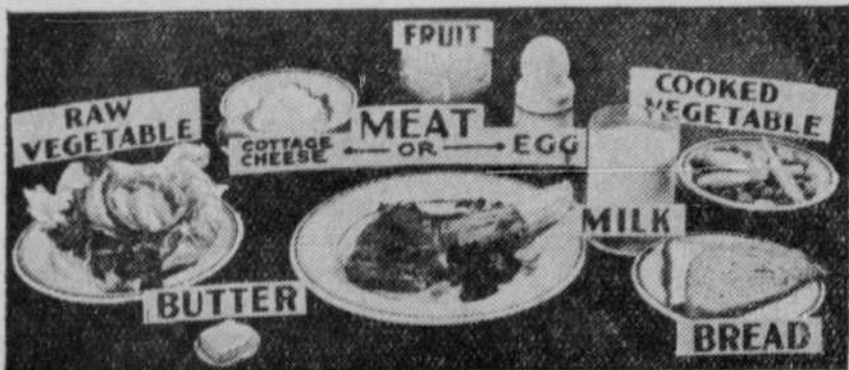
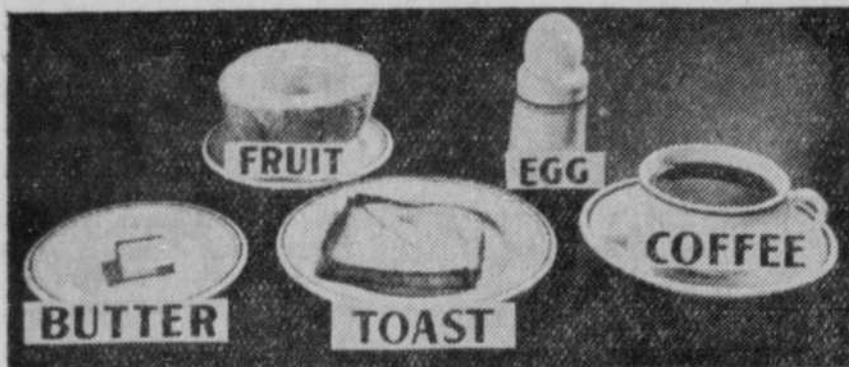


A COMFORTABLE REDUCING DIET



Who wouldn't enjoy reducing with such an array of appetizing eatables as shown above. Research workers say it can be done; that this business of taking off weight need not be a hardship.

Results of a study supervised by Dr. Leo K. Campbell of Rush Medical college, Chicago, reveal the fact that a person can reduce and still completely satisfy his appetite.

The diet used, of which the above foods are typical, is as follows:

TOP: Breakfast—1 serving of fruit; 1 egg; 1 slice of toast; 1 pat of butter; coffee (black or with very little cream and sugar).

MIDDLE: Luncheon—2 servings of vegetables (1 cooked and 1 raw); 1 small serving of lean meat, or 2 eggs, or 2 tablespoons cottage cheese; 1 slice of bread; 1 pat of butter; 1 glass of milk; 1 serving of fruit.

BOTTOM: Dinner—1 large serving of lean meat; 2 servings of vegetables (1 cooked and 1 raw); 1 slice of bread; 1 pat of butter; 1 glass of milk; 1 serving of fruit.

PROCEEDINGS OF THE CITY COUNCIL

O'Neill, Nebr., November 7, 1933. Council met in regular session. Present: Mayor Stout and Councilmen Harty, Phalin, Coyne, Johnson and Brennan.

Minutes of previous meetings were read and approved.

The City Treasurer's statements for the month of October were read and approved.

Moved, seconded and carried that the following claims be allowed:

On the General Fund:	
L. G. Gillespie, Agent	\$ 19.25
O'Neill Fire Department	34.50
R. E. Calvert	5.00
The Frontier	12.00
Galena Lumber Co.	9.64
Mellor Motor Co.	7.40
C. P. Hancock	12.50
The Interstate Power Co.	210.00
Scott Hough	85.00
William G. Beha	3.25
Ed. T. Campbell	15.00
N. W. Bell Telephone Co.	2.75
W. J. Hammond	25.00
H. E. Coyne	21.46
G. E. Miles	4.00
H. E. Coyne	18.80
Elmer Neal	3.00
Lions Club	100.00

On the Water Fund:

Worthington Pump & Machine Co.	26.20
Frank M. Shanner	146.00
Cont. Oil Co.	28.31
Jesse Scofield	4.00
Jesse Scofield	3.00
Joseph Filsinger	100.00
Uhl Transfer	.50
Ed. T. Campbell	10.00
Deep Rock Oil Co.	7.32
Int. Mach. & Supply Co.	19.90
Roy Johnson	10.00
Mattie Soukup	18.36
James Davidson	25.70
James L. Harrington	3.86

On the Road Fund:

D. D. Hunt	125.00
T. A. Quilty	5.25

Moved, seconded and carried that the official bond of Edward Quinn be approved and accepted and ordered placed on file.

The following resolution was presented and read by the clerk:

RESOLUTION.

WHEREAS, the City of O'Neill, Nebraska, is considering the construction of Water Works improvements; and

Whereas, the Federal Government in order to stimulate the construction of needed municipal improvements, is offering to aid in the financing of such improvements by making a grant or donation to municipalities in the amount of thirty per cent of the cost of labor and material and by loaning to them the balance of the construction costs; and

WHEREAS, the City of O'Neill, Nebraska, is desirous of securing such financial aid from the Federal Government to assist them in the construction of said improvements.

NOW, THEREFORE, BE IT RESOLVED BY THE MAYOR AND CITY COUNCIL OF THE City of O'Neill Nebraska, that H. H. Henningson, the special engineer for the City of O'Neill be instructed to prepare an application to the Federal Emergency Administration

of Public Works for assistance in the financing of water works improvements in the City of O'Neill, Nebraska;

AND BE IT FURTHER RESOLVED, that the Mayor and City Clerk be authorized to sign such application upon completion and approval.

It was moved by Councilman Johnson and seconded by Councilman Coyne that the above resolution be adopted as read. The Mayor stated the motion and instructed the Clerk to call the roll. Roll call resulted as follows: Yeas: Harty, Coyne, Johnson, Brennan, Phalin. Nays: None. The result of the vote being five yeas and no nays, the Mayor declared the motion carried and the resolution adopted, and the Clerk was authorized to instruct H. H. Henningson, special engineer, to prepare said application.

No further business, it was moved, seconded and carried that the Council adjourn subject to the call of the Mayor.

ED. T. CAMPBELL, City Clerk.

O'Neill, Neb., November 10, 1933. Council met at the call of the Mayor Present: Mayor Stout and Councilmen Phalin, Harty, Brennan, Johnson and Coyne.

It was moved, seconded and carried that the City of O'Neill construct or have constructed the curbs and gutters necessary to be built along the pavement to be put in by the state of Nebraska or the Federal Government on Douglas street.

There being no further business the meeting adjourned.

ED. T. CAMPBELL, City Clerk.

O'Neill, Nebr., Nov. 20, 1933. The Council met at the call of the Mayor.

Present: Mayor Stout and Councilmen Coyne, Johnson, Brennan, Harty and Phalin.

Moved, seconded and carried that the City Clerk be instructed to draw warrant for \$100 on the General Fund in payment of the lots on Douglas Street sold to the city by Dora E. Fleming, Omaha, Nebraska.

No further business the meeting adjourned.

ED. T. CAMPBELL, City Clerk.

ON THE OTHER FOOT

Nebraska Farmer: It has seemed all right with the Administration—quite the thing in fact—for industry and labor to organize under government permission for the purpose of eliminating competition and boosting wages and prices. It has not only the sanction of the government, but is being enforced at government insistence.

What, then, could be more natural than that farmers should ask the acceptance and approval of a code of so-called "fair competition." And that is exactly what the Holidayers did when they appeared at a conference of five western governors and put it up to them that if industry and labor could organize to insure themselves a profit under government supervision and enforcement, why not the farmer.

In order to do this they must have a code which would provide that the

control of agricultural production should be subject only to natural laws; that it would be unfair for any farmer to sell below the average cost of production; that the percentage of each crop necessary for home consumption should be sold only at a price guaranteeing the average cost of production plus a profit; that the speculative value should be taken out of rental prices in land, etc.; that farm labor should be encouraged to organize for collective bargaining (unionize), and so on along quite a line of subjects. In fact, the whole thing might well have been copied from one of the thousand or more codes of "fair competition" that have been piled on the N. R. A. desk in Washington.

It is doubtful that anyone, including the farmers who submitted it, thought the governors would take the proposition seriously, but in the light of all that had transpired under government edict with reference to organized industry and labor, there seemed no excuse for turning down the farmers' code. So the governors voted aye and proceeded to Washington with the said code.

They laid it before the President and the Secretary of Agriculture. Here, in their opinion was something that evidently would be quite promptly approved by Administration officials. Not so. The powers that be said it was impractical and couldn't be done. But why? Well, because too many units are involved. The operators of some six million farms can't be organized overnight to fix prices or regulate the sale of their products. That would seem to be true, but no such argument was used against organizing twice that many industrial laborers under the N. R. A.

Secretary Wallace said that if it was to be done, farmers must permit their business to be declared a public utility and regulate it accordingly. He did not believe farmers would like that. Neither do we believe they would, but there seems to be nothing in the public utility argument to operate against organizing all other kinds of business under rigid government control.

We were in complete sympathy with Secretary Wallace when in a speech at Des Moines recently he frankly and courageously said: "There is the path of immediate price-fixing as advocated by the five midwestern governors. There is the trail already blazed by the cotton and tobacco farmers of the South and the wheat farmers of the West, or, finally, there is the oppor-

tunity to join the holiday movement and raise hell." But neither Mr. Wallace nor the President can blame the Holidayers for wanting to put the shoe on the other foot in the application of these codes of "fair competition."

Nebraska News Items

All the boys in the Beverley High school are members of the basket ball squad. The squad is composed of six.

Three men between the ages of 20 and 30 years entered the home of Frank Rohla at Wilbur about 11:30 last Thursday night and robbed Rohla of \$700 and a Mr. Stevens of \$75 after binding them with stovepipe wire. One of the men brandished a .38 calibre automatic when Rohla answered the door and commanded the men to put up their hands. The money was taken from the pockets of Rohla and Stevens and the men left, driving off in a big car. The money was said to have been mostly in old currency.

NEW FORD CAR NOW ON DISPLAY.

The new Ford V-8 is now on display in more than 7,000 Ford dealerships throughout the United States and can be seen at the show rooms of the Mellor Motor Co., their local dealer in this city.

As revealed in Detroit by Henry Ford and his son to several score newspaper correspondents, special writers and photographers, the new Ford has greater power, more speed, quicker acceleration, smoother performance, more miles per gallon, especially at higher speeds, and quicker starting in cold weather, plus refined body lines and a new built-in system of clear-vision body ventilation.

The improvements in engine performance are the result of the use of a new down-draft carburetor and dual intake manifold which increase the engine's power approximately 12 per cent and provide a remarkable improvement in pickup.

"The new car is the best the Ford Motor Company ever built," the Ford president said. "Basically, it is the same car as the hundreds of thousands of other Ford V-8s now on the road. It simply incorporates numerous improvements in engine and chassis design, the new body ventilation system and refinements in body styling and appointments which have been brought to a proper stage of develop-

ment during the past year in our engineering research."

Eleven body types are available. Included are both standard and deluxe types of the Tudor, Fordor, 5-window coupe; the de luxe roadster, phaeton and 3-window coupe, as well as the cabriolet and victoria. The victoria body has been newly designed, to afford additional passenger room. A large luggage compartment is provided in the rear.

All body types are equipped with safety glass windshields, while the de luxe body types are fitted with safety glass throughout.

Because of the increase in engine power over the whole speed range, an appreciable increase in top speed is attained. The flexibility of the car—its ability to pick up speed quickly in traffic or to cruise in crowded streets without shifting out of high gear—also has been materially improved. The increase in top speed, without sacrifice of safety, permits driving at relatively high speeds with increased safety and without engine strain.

GOVERNMENT WILL LOAN ON CORN IN SLAT CRIBS.

The state railway commission at Lincoln has announced that corn in wire or slat cribs and without floors may be accepted for loans under the federal corn loan plan, provided certain requirements are met. The announcement was made following receipt of the following telegram from Washington:

"Commodity Credit corporation interprets 'within floored structure and within cribbed or slatted walls'

to include the following: wire or slat cribs firmly supported by posts to prevent leaning, provided not more than sixteen feet in diameter. Such crib must have solidly constructed tight roof covered by shingles or other roofing material, and firmly attached to crib or ground by adequate studding or poles in manner to protect corn and prevent access to same. Unfloored cribs may be made acceptable by deducting eighteen inches from height of corn in crib when determining number of bushels contained therein. Details in letter follow."

Inspectors are advised by the commission to make certain that roofs of such cribs are adequately supported by sufficient posts and to include the information required in their reports.

SHORT QUIPS.

- Decemberist. _____
- Threatening weather. _____
- Threatening grate bodily harm. _____
- Prediction—perhaps some weather today. _____
- A Christmas white would be a delight. _____
- A Christmas blue, dark dreams come true. _____
- A Christmas gray would be a knockout O. K. _____
- And none at all would blow civilization a K. O. _____
- Mrs. George Weingartner, who was ill of influenza, has recovered. _____

A Cozy Home and a Lower Fuel Bill if you use

WADGE
Labeled Coal

Hot — Clean — Holds Fire — Low Ash
Produced by Victor-American Fuel Co., Denver

Get WADGE From Your Coal Dealer



AT PRICE OF REGULAR GASOLINE

Dashing speed for the straight-away quick acceleration in traffic free-flowing power on hills unusual economy in operation. easy starting and really knock proof, of course.

You cannot ask for more in your gasoline and you should not accept less for you pay no premium for New White Rose.

MELLOR MOTOR CO.

Phone 16

O'Neill, Nebr.