

The Plattsmouth Journal

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John, Mary and Jack

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

CHAPTER XL
"Say, Doctor," said Jack, "you've always told me to brush my teeth after breakfast. Most of the kids in my room brush their teeth before breakfast. Which is right?"
"Brushing the teeth immediately upon arising refreshes the mouth," replied the dentist. "It also gives you a feeling of well being, which is very desirable. By brushing the teeth after breakfast, however, you remove the food particles left from the morning meal. Thus, your teeth and mouth will remain clean at least until noon. Personally, I rinse my mouth thoroughly with a glassful of cold water just as soon as I arise, before I shave and bathe. Then I brush my teeth after breakfast. But here, read what this booklet has to say about brushing the teeth."

Jack turned to the third page of the booklet which Dr. Young had just given him.

WHEN AND HOW TO BRUSH THE TEETH

The teeth should be cleaned after each meal. However, since it is often impractical to brush the teeth after the noon meal, most authorities recommend that the teeth be brushed twice a day—after breakfast in the morning and before retiring at night.

Cleansing the mouth after breakfast enables one to start the day's work with a clean set of teeth. Thorough cleansing of the mouth at night assures one of clean teeth for at least from eight to twelve hours of the twenty-four. This greatly minimizes the possibility of decay. In fact, it is most important to brush the teeth thoroughly before going to bed. During the day, the natural activity of the lips, tongue, and muscles of mastication keeps a more or less constant flow of saliva bathing the teeth. This helps to wash away the particles of food and keep the teeth clean. At night, the mouth is at rest. Food particles lie undisturbed on and between the teeth. The lips and tongue are quiet. The flow of saliva is very meager. Food can ferment and bacterial action take place undisturbed.

Bacteria live best in a warm, moist, dark environment. Even under the most sanitary conditions the mouth offers splendid facilities for bacterial growth. The presence of food particles between the teeth adds to those facilities. Therefore, the cleaner the mouth and teeth, the less decay is apt to take place. Always brush the teeth before going to bed. Brushing alone will not remove all the food particles from between the teeth, and so the use of dental floss is advised. When using dental floss, do not snap it carelessly between the teeth, because you may injure the gums. Hold the floss tightly between the thumb and finger and insert it gently between the teeth. After you have forced the floss past the contact points of the teeth, work it back and forth against the sides of the teeth, away from the gums.

"Should I use dental floss?" asked Jack.
"No," replied the dentist. "Your teeth are so well cleaned so even that you can keep them clean by brushing them properly. Dental floss is often necessary for adults, but seldom necessary for children."
(To be Continued)

A better and newer Journal is our constant aim. You can help by phoning news items to No. 6.

LAND, FARM and RANCH BARGAINS

FOR SALE

Poland China boars. J. L. Young, Murray, Neb. 33-21w

FOR SALE

Cow fresh in February. John Chapell, call residence northeast of substation. d23-tfw

FOR SALE OR RENT

20 acres improved, north edge of Plattsmouth, Neb. Bond & Mortgage Corp., Omaha. Ed&w

AVOCA NEWS

Ray Creamer of near Nehawka was looking after business matters in Avoca last Tuesday.

Mr. and Mrs. A. Z. Thomas and the girls of Shenandoah visited over Christmas day and Sunday in Avoca as guests of Grandfather W. H. Bogard and Uncle Clyde.

George Maseman and wife and their daughter Miss Imogene and son Fred of Lincoln were guests last Sunday at the home of Mr. and Mrs. Henry Maseman of Avoca.

Mrs. Ed Wolfe, daughter Pauline and son Lawrence were in Omaha last Monday, where they called on Mrs. C. O. Zaiser at the hospital and found her recovering from her recent operation.

While in Lincoln last Sunday, William Maseman had the misfortune to have a tire and wheel stolen from his car which was parked but a short distance from where he and his wife were visiting.

Miss Selma Marquardt, of Omaha, was a guest at the home of her sister, Mrs. J. W. Brendel over the week end and accompanied Dr. and Mrs. Brendel to Murray Sunday, returning to her home in Omaha from there.

Mr. and Mrs. Fred Marquardt entertained at their home on Christmas day, having as guests Mrs. Emma Rawalt and son Verne, B. C. Marquardt and wife and daughter Clara, who makes her home in Omaha.

Dr. and Mrs. J. W. Brendel enjoyed a visit last Sunday at the home of his sister, Mrs. W. L. Seybolt and husband at Murray. Other guests at the Seybolt home included Mr. and Mrs. John T. Bates, of Lincoln, Mr. and Mrs. Wm. Kidder of Sarcaston, and Mrs. Margaret Brendel and son Richard of Murray.

To Marry in January

The wedding of Miss Gladys Oehlertkamp and Roy Seehorst is to occur at the North Branch church on January 6th, according to announcement made this week. The wedding will take place at 1:30 in the afternoon and will be followed by a dinner and dance at the hall at Syracuse in the evening, to which a number of the friends have been invited.

Getting On Nicely Now

Mrs. Carl O. Zaiser, who was taken to an Omaha hospital last week and underwent an operation for appendicitis, is reported getting along very nicely. Mrs. Zaiser remained in Omaha until Monday to be near the wife following her trying ordeal and returned home that afternoon with Elmer Hallstrom and wife who had driven in to call on the patient. The Hallstroms were accompanied by Mr. and Mrs. Harry Wolbers who with Mrs. Emma Rawalt and son Verne were among the other visitors at Mrs. Zaiser's bedside that day.

Entertained for Christmas

Rev. and Mrs. J. M. Kojker entertained at their home in Avoca on Christmas day, their guests including Jordan Kojker and wife of Franklin, where Jordan is superintendent of schools, James Allis and son Donald of Omaha, and Henry Maseman.

Wabash News

Clifford Browne has accepted a quarry position in Iowa, being well experienced in this line of work.

Mr. and Mrs. Sherman Hardaway were guests for Christmas at the home of Fred Grant, a brother of Mrs. Hardaway at Nehawka.

While Jerry Smith was attempting to make a steep grade with a truck load of wood, the truck turned over. With a quick jump Jerry was able to get out of the way. All the glass in the cab was broken.

Miss Geraldine Schmidt, daughter of Mr. and Mrs. Lois Schmidt, who is taking a nurse training course in a Council Bluffs hospital, visited at the home of her parents here over the week end.

John Cardwell, who has been nicknamed "Swift" by his friends, has been cutting wood for Roy Stanley, Mr. Stanley says he has never seen a man who could cut as much wood as Mr. Cardwell, and all of it cut just like he wants it.

John Woods was in Plattsmouth Thursday of last week for the meeting of P. H. Clark, a highly esteemed citizen of Wabash, enjoyed an over Christmas visit from his brother, Clement Clark of Omaha and a cousin from Missouri Valley, Mr.

Thomas Walling Company

Abstracts of Title

Phone 324 - Plattsmouth

HEADLINES OF 1937

By United Press

- Jan. 1—Governor Herbert H. Lehman inaugurated for third term as New York governor.
- Jan. 2—Andrew W. Mellon gives \$19,000,000 art gallery to the United States.
- Jan. 3—Auto union votes general strike in G. M. C. plants.
- Jan. 5—Congress convenes.
- Jan. 6—Roosevelt addresses Congress, urges more liberal interpretation of Constitution.
- Jan. 7—Princess Juliana of the Netherlands weds Prince Bernhard.
- Jan. 10—Britain bars volunteers in Spanish war.
- Jan. 11—Charles Mattson, kidnapped Tacoma, Wash., boy, is found slain.
- Jan. 11—Strike riot at Flint, Michigan; 24 hurt.
- Jan. 12—Roosevelt asks widespread bureau consolidation.
- Jan. 14—Italy and Germany pledge greater aid to Spanish rebels.
- Jan. 19—Howard Hughes sets 7-hour, 28-minute record for transcontinental flight.
- Jan. 20—Roosevelt inaugurated; pledges continued effort to aid the underprivileged.
- Jan. 21—Ohio river valley flooded.
- Jan. 20—Hitler repudiates "war guilt" and demands return of colonies.
- Feb. 4—American maritime strike ends after 98 days.
- Feb. 5—Roosevelt asks Congress to enlarge Supreme Court.
- Feb. 7—Elihu Root dies.
- Feb. 8—Spanish rebels capture Malaga.
- Feb. 9—Airliner plunges into San Francisco bay, killing 11.
- Feb. 11—General Motors sit-down strike ends.
- Feb. 15—Ten workmen on Golden Gate bridge killed in plunge.
- Feb. 17—Six killed when shell explodes aboard the battleship Wyoming.
- Feb. 22—Rollo Ogden, editor of New York Times, dies.
- Feb. 23—Merle Vandenburg, "Public Rat No. 1," captured at Armonk, N. Y.
- Feb. 28—Eugene L. Vidal resigns as director of Bureau of Air Commerce.
- March 1—Supreme Court upholds gold ban.
- March 2—Carnegie Steel and C. I. O. reach agreement.
- March 3—Senate passes Pittman neutrality bill, 63-6.
- March 7—Rebel cruiser, Canarias, sinks Mar Cantabrico, Spanish ship.
- March 10—Quezon requests independence for Philippines.
- March 13—Creusot Armaments firm taken over by France.
- March 14—Rumania's Dowager Queen Marie is stricken.
- March 17—Four die when Reds attack Fascists in Paris.
- March 17—Madeleine de Fontanges shoots French diplomat, Count de Chambrun.
- March 19—455 die in Texas school blast.
- March 20—Amelia Earhart's plane crashes in takeoff from Hawaii.
- March 21—Rioting in Puerto Rico takes seven lives.
- March 22—Charles Evans Hughes opposes enlarged Supreme Court.
- March 23—Trans-continental airliner crashes at Pittsburgh, killing thirteen.
- March 28—Nine die in "safest mine" blast at Kramer, Pa.
- March 30—Pan-American Clipper completes 7,990 mile jaunt from Alameda, Cal., to Auckland, New Zealand.
- April 6—Robert Irwin hunted as slayer of Veronica Gedeon her mother and lodger.
- April 8—Kidnapers of Paul H. Wendel get 20-year sentences.
- April 9—Prince Nicholas, of Rumania, exiled by his brother, King Carol.
- April 12—Wagner Labor Act upheld in Supreme Court.
- April 21—Faithful Mary leaves fold of Father Divine.
- April 23—Clash in Stockton, Cal., strike injures 50 persons.
- April 25—Clem Sohn, parachute jumper, falls to death in air circus in France.
- April 27—Guernica is wiped out by Rebels in Spanish war.
- April 30—President Eamon de Valera presents text of new Irish Constitution.
- May 3—Margaret Mitchell's "Gone with the Wind" wins the Pulitzer Prize.
- May 6—Dirigible Hindenburg crashes at Lakehurst, N. J.
- May 7—Thirty-three dead in Hindenburg tragedy.
- May 12—George VI is crowned King and Emperor.
- May 14—Dick Merrill completes round trip North Atlantic flight.
- May 15—Mrs. J. Borden Harriman named minister to Norway.
- May 16—Justice Willis Van Devanter announces retirement from Supreme Court.
- May 21—Russian fliers reach North Pole.
- May 23—John D. Rockefeller, Sr., dies.
- May 24—Supreme Court upholds Social Security Act.
- May 25—Mickey Cochrane seriously injured by "bean ball."
- May 28—Neville Chamberlain becomes Prime Minister of England.
- May 30—George F. Baker dies.
- May 31—Twenty die as Almeria is bombed by German warships.
- June 3—Duke of Windsor marries Wallis Warfield.
- June 4—Helmuth Hirsch guillotined in Germany.
- June 5—Margaret Strong De Cuevas inherits \$25,000,000 from John D. Rockefeller.
- June 7—Jean Harlow dies.
- June 13—Rev. R. Anderson Jardine resigns from St. Paul's Church.
- June 16—President of White Russia, A. G. Cherviakoff, commits suicide.
- June 19—Bilboa yields to Rebels.
- June 20—Nazis close Bavarian Catholic schools.
- June 22—James J. Braddock loses world title to Joe Louis.
- June 26—Robert Irwin surrenders to police.
- June 29—France goes off gold standard.
- June 30—Franklin D. Roosevelt, Jr., marries Ethel du Pont.
- July 1—Nazis arrest the Rev. Martin Niemoller.
- July 2—Amelia Earhart missing off Howland Island.
- July 7—Great Britain recommends partitioning of Palestine.
- July 11—George Gershwin dies.
- July 14—Senator Joseph T. Robinson dies.
- July 17—Ninety-five die in Delhi-Calcutta train wreck.
- July 18—Navy gives up search for Amelia Earhart.
- July 19—Guglielmo Marconi dies.
- July 22—Supreme Court Bill killed, 70-20.
- July 27—United States wins Davis Cup.
- Aug. 5—Ranger defeats Endeavour for America's Cup.
- Aug. 6—Wagner-Steagall Housing Bill becomes a law.
- Aug. 9—Shanghai clash brings undeclared Sino-Japanese war.
- Aug. 12—Sen. Hugo Black is nominated for Supreme Court.
- Aug. 14—Sigmund Levanevsky and companion fliers are lost.
- Aug. 17—Senate approves Black's appointment to the Supreme Court.
- Aug. 19—Portugal severs relations with Czechoslovakia.
- Aug. 20—Cruiser Augusta is shelled at Shanghai.
- Aug. 21—United States wins Wightman Tennis Cup.
- Aug. 25—Rebels capture Santander.
- Aug. 25—Andrew W. Mellon dies.
- Aug. 26—British Ambassador to China shot by Japanese.
- Aug. 28—Johnny Goodman wins national amateur golf title.
- Aug. 30—Joe Louis defeats Tommy Farr.
- Sept. 7—Nazi Congress opens at Nuremberg.
- Sept. 10—Conference on Mediterranean "piracy" begins at Geneva.
- Sept. 11—Don Budge wins national tennis title.
- Sept. 15—France falls to new low.
- Sept. 16—Four members of Royalist "Hooded Gang" seized by the French police.
- Sept. 19—Three die in Folsom prison escape.
- Sept. 20—American Legion Convention opens in New York.
- Sept. 25—Mussolini visits Hitler.
- Sept. 26—Ambassador Greville Taylor Emmett dies.
- Oct. 10—Yankoes win World Series.
- Oct. 11—Ogden L. Mills dies.
- Oct. 12—Al Brady and gang killed by G-men.
- Oct. 19—Nineteen die in air crash on Utah mountain.
- Oct. 19—Lord Rutherford dies.
- Oct. 21—Gijon surrenders.
- Oct. 22—George Horace Lorimer dies.
- Oct. 25—Premier Paul Van Zeeland resigns post.
- Oct. 26—John Montague, "Mystery Man," is freed.
- Oct. 28—George E. T. Eyston sets new auto speed mark.
- Oct. 31—Chapei "Lost Battalion" escapes.
- Nov. 2—La Guardia is re-elected mayor of New York City.
- Nov. 5—Duke of Windsor abandons trip to United States.
- Nov. 6—Japan, Germany and Italy unite against Communism.
- Nov. 7—Soviet Union celebrates 20th birthday.
- Nov. 9—Chinese abandon Shanghai.
- Nov. 10—Getulio Vargas takes complete charge of Brazil.
- Nov. 13—Greek freighter sinks off Cape Hatteras.
- Nov. 15—Congress meets in special session.
- Nov. 15—Trial of Arnold Bernstein opens.
- Nov. 16—Eleven killed in Belgium airline crash; five members of grandducal family of Hesse.
- Nov. 18—Viscount Cecil of Chelwood wins Nobel Peace Prize.
- Nov. 19—Camille Chautemps wins French election.
- Nov. 21—Count of Paris ordered out of Switzerland.
- Nov. 22—Duke of Windsor libel suit is settled.
- Nov. 26—Gerardo Machado arrested in New York.
- Dec. 3—Rudy Kiling and Frank Haines killed in Miami air carnival.
- Dec. 5—Lindberghs arrive in America.
- Dec. 7—William E. Dodd resigns as Ambassador to Berlin.
- Dec. 9—The "Robinsons" disappear in Moscow.
- Dec. 10—Liner President Hoover grounded off Holshtio Island.
- Dec. 11—Italy quits League of Nations.
- Dec. 13—Gunboat Panay is sunk by Japanese bombs.
- Dec. 16—Air head is recalled by Japan over Panay incident.
- Dec. 18—Robert W. Bingham dies.
- Dec. 20—Erich Ludendorff dies.
- Dec. 21—Frank B. Kellogg dies.

Clarke looks forward to 1938 with optimism and asks us to extend his best wishes for a Happy New Year to all America. That is a pretty big territory to cover, but the Journal will carry his message to our large family of readers scattered throughout the nation.

The present trucking law was discussed and a resolution was passed to be presented to the next session of the legislature.

Lois Schmidt was looking after business matters in Murdock on last Wednesday afternoon. He returned in time to take Henry Gerbeling and William Murfin to Elmwood for the Townsend meeting at which the old

age relief plan was discussed.

Visited Daughter at Bertrand

Mr. and Mrs. Ralph Dorr and their son Neil Dorr and wife visited over Christmas at Bertrand, at the home of Mr. and Mrs. Fred Lawson, the latter a daughter of Mr. and Mrs. Dorr. They made the trip in their car.

Time Has Brought Changes

Albert Pool was shelling and delivering corn to the Wabash elevator Wednesday of last week. Some years ago the grain would all have been delivered by horses and wagons, but now there was only one horse drawn

conveyance, that of Fred Towle. All the rest were either trucks or trailers drawn by cars. Verily, the times do change with the passing years and the customs of a decade ago give way to new and more-modern methods.

DISCOUNT TONG WAR THEORY

OMAHA, Dec. 31 (UP)—Omaha police discounted theories that Hom Fook Neo, 41-year-old Chinese found stabbed to death was the victim of a tong war or of a possible Japanese assalant.

The well-dressed Chinese, a waiter at a down-town Chinese restaurant had been heard in an argument just

before he received his fatal wounds, police learned from a woman in the neighborhood. Robbery was not the motive, as \$15 was found in the dead man's pockets.

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