

The Frontier Woman — Nix on Seconds Good Exercise

By BLANCHE SPANN PEASE

Along about this time of the year, spring seems to have finally come and our fancy turns to thoughts of rhabarb. One of these days, some of us will have rhabarb in our gardens and for a wonderful spring time dessert, you can make a deep dish rhabarb pie. To make the filling, combine 2 pounds of rhabarb cut in half inch pieces (about 5 cups), with 1 1/4 cups sugar, 1/4 cup enriched flour, 1/2 teaspoon nutmeg and 2 tablespoons shredded orange rind. Mix lightly. Place in 8 inch square pan and dot with butter or margarine. Cover with pastry, sealing edges. Cut design in pastry to let steam escape. Bake in a hot oven of 425 F. for 30 minutes. Makes 4 to 6 servings. Serve warm with cream.

Have you been trying to take off excess weight that you put on during the holidays and winter? It's a good idea, for any one who is overweight is putting more of a strain on their health. The usual reason for overweight is simply overeating, and so the way to take of weight is to reduce food intake. However, when on a reducing diet, remember its important to have a diet that contains essential food items.

A healthful, economical reducing diet should include citrus fruit, eggs, enriched bread, lean meat, fish or poultry, low calorie vegetables, fruits, skimmed milk or buttermilk. Don't forget it and don't try to reduce except under your doctor's care.

Of course one of the best reducing exercises in the world is to shake your head from left to right when the second helping of food goes around.

—Ifw—
Spring Is In The Air—Stuart Mom Wins Subscription—

Dear Blanche,

Here it is nearly the first day of spring and we still have ice, snow and reports of more.

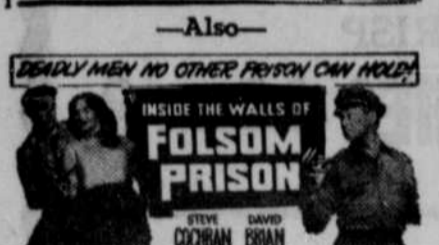
Hasn't this been the longest winter? We're still lucky though, compared to the folks in South Dakota. So far we've always been able to get out but it certainly isn't easy. When the roads are blocked we go through the pastures. However, the mud is much the worst and when the snow goes off and the frost goes, the roads will be next to impassable.

My geraniums are really blooming now. Usually they bloom all winter but this year they didn't. I think I kept them too dry. But now that I'm watering them more, they are really blooming. I also have several cactus and they, too, are starting to bloom. They have a star shaped flower.

I planted a few tomato seeds early in a can and had two lovely plants but when I transplanted them to a large can, they both died.

MILLER THEATRE

Atkinson, Nebr.
Fri.-Sat. April 18-19



PENNEY'S AT 50TH MILESTONE . . . The J. C. Penney company chain of stores this month is celebrating the 50th anniversary of its founding, according to G. C. DeBacker, manager of the O'Neill store, J. C. Penney, the founder, called the original store the Golden Rule at Kemmerer, Wyo. (above). From a single store the firm grew to the largest department chain store in the world. Mr. Penney was a Nebraska visitor last week.

I have a few in another can, but they are small yet. So far I have never had much luck raising tomato plants indoors. This year I hope to have a hot bed and start tomato and cabbage plants. I have my husband interested in the project so maybe I'll get it. And here's hoping for a decent spring and summer so we can all raise a big garden (as well as other crops).

I did some early spring house cleaning in January and February but have windows and woodwork to wash and paint. Just got our kitchen cleaned. We washed the ceiling and painted it. Then tore off bushels of old paper and repapered it. Hope to get some built-in cupboards soon.

Now that lent is here I do a lot more baking than usual. For meatless meals I think hot breads, biscuits or a pie or cake perks up interest. My family doesn't care much for puddings, although I do, so I usually make a cream pie and they like it that way.

It is getting close to supper time so will close and go bake a cake.

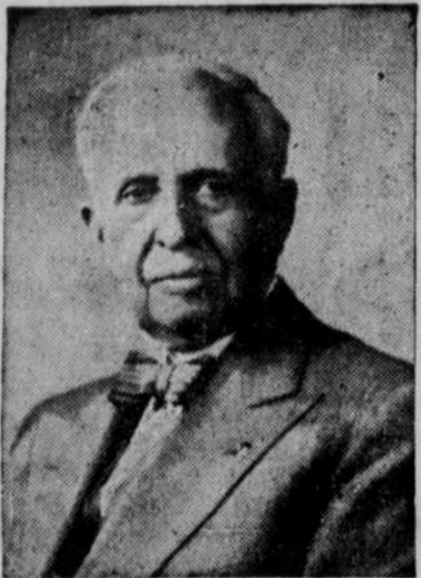
Sincerely,
STUART MOM

SAYS SANDHILL SAL

Weak coffee has caused almost as many divorces as strong drink. Marriage more often founders on small rocks, rather than the big faults.

People can be generous to a fault, but you can count on people who are, that you know, on your right hand.

W. J. Froelich arrived Wednesday, April 9, and spent the Easter holidays with his wife and family. He returned to Chicago, Ill., on Monday but plans to be with his family again this weekend.



J. C. Penney . . . Golden Rule in business as well as personal life.

Visit Calkins Home —
Mr. and Mrs. Donald Jackson were Sunday callers at the home of Mr. and Mrs. Harold Calkins, enroute to their home in Ainsworth from Tekamah, where they have been visiting relatives.

MONEY TO LOAN

ON
AUTOMOBILES
TRUCKS
TRACTORS
EQUIPMENT
FURNITURE

Central Finance Corp.

C. E. Jones, Manager
O'Neill, Nebraska

PENNEY'S

PRICES SLASHED

WOMEN'S SPRING SHORT COATS
NOW 16.00

WOMEN'S SPRING LONG COATS
NOW 18.00 - 22.00 - 25.00

WOMEN'S SPRING SUITS
NOW 15.00 - 18.00

Women's Spring Fabric Gloves, now 77c
Men's Gabardine Slacks, blue, tan \$5
Men's Printed Broadcloth Sport Shirts \$2

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ALWAYS FIRST QUALITY!
GOLDEN 50th ANNIVERSARY 1902-1952 JUBILEE
THE VALUE EVENT OF THE YEAR!
TREMENDOUS VALUES IN EVERY DEPARTMENT!

IMAGINE!

Here's what you find at Penney's Golden Jubilee!

2 pairs of perfect 60 gauge dark seam Gaymode[®] NYLONS for

1.25

JUBILEE SPECIAL!

- ★ 60 gauge means extra wear, lovely fit!
- ★ Dark seams for fashion-glamour!
- ★ Filmy-sheer 15 denier
- ★ First quality—every stitch!
- ★ New beautiful Spring shades!

HURRY! LIMITED QUANTITIES!



JUBILEE PRICED!

BOYS' NO-IRON
PLISSE SPORT SHIRTS

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JUBILEE SPECIAL!

See how much more you save now on top quality cotton plisse sport shirts! They wash in a wink, won't shrink out of fit! They're vat-printed to stay color-bright, and they never need ironing! Stock up now! You save yourself plenty! Sizes 2-18.



Misses' WHITE casuals in

REAL LEATHER!
2.77

JUBILEE SPECIAL!

- New popular styles!
 - Leather uppers, platforms, and heel covers!
 - Long-wearing soles!
 - Sanitized linings for cleaner, better wear!
- SAVE ON THIS JUBILEE PURCHASE!

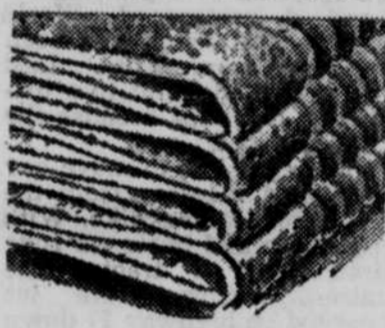
First Quality Full Cut RAYON BRIEFS

25c

- Run-resistant rayon tricot
 - Band or elastic leg
 - All around elastic waist
 - Pink, white, blue, maize
 - Small, medium, large
- STOCK UP DURING JUBILEE!



Cannon Terry Towel Values!



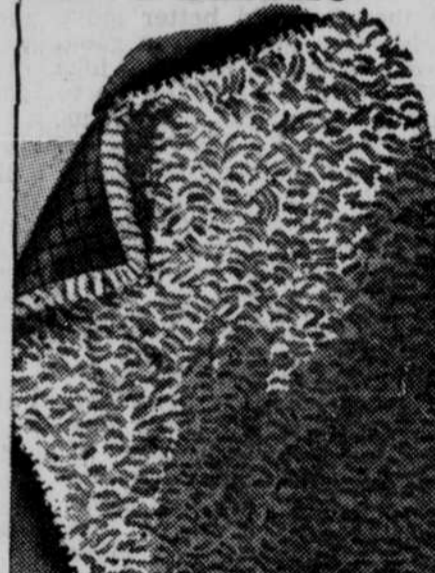
(22"x44")

67c

16"x26" face towel 34c
12"x12" wash cloth 14c

Smash savings in Penney's Golden Jubilee! Husky terry towels in the newest colors! Come stock up, SAVE

SPECIAL!



NOW! COTTON LOOP RUGS

JUBILEE SPECIAL!

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- washable, practical!
- non-skid backs!
- woven loops won't pull out!
- decorator colors!

27" x 48" 3.33
34" x 54" 5.44

Men's

VAT-DYED
PRE-SHRUNK
Cool, Crisp
Rayon Print

SPORT SHIRTS

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JUBILEE SCOOP!

GIRLS' DRESSES

Bright, colorful prints on white grounds of beautiful embossed cotton.

Size 3 to 6x

Size 7 to 14

2.00

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Quality Percalé 80-SQ. PRINTS

JUBILEE SPECIAL
In floral, cheery kitchen prints, novelty patterns! For all home sewing needs. 35" wide.

Yd. 25c

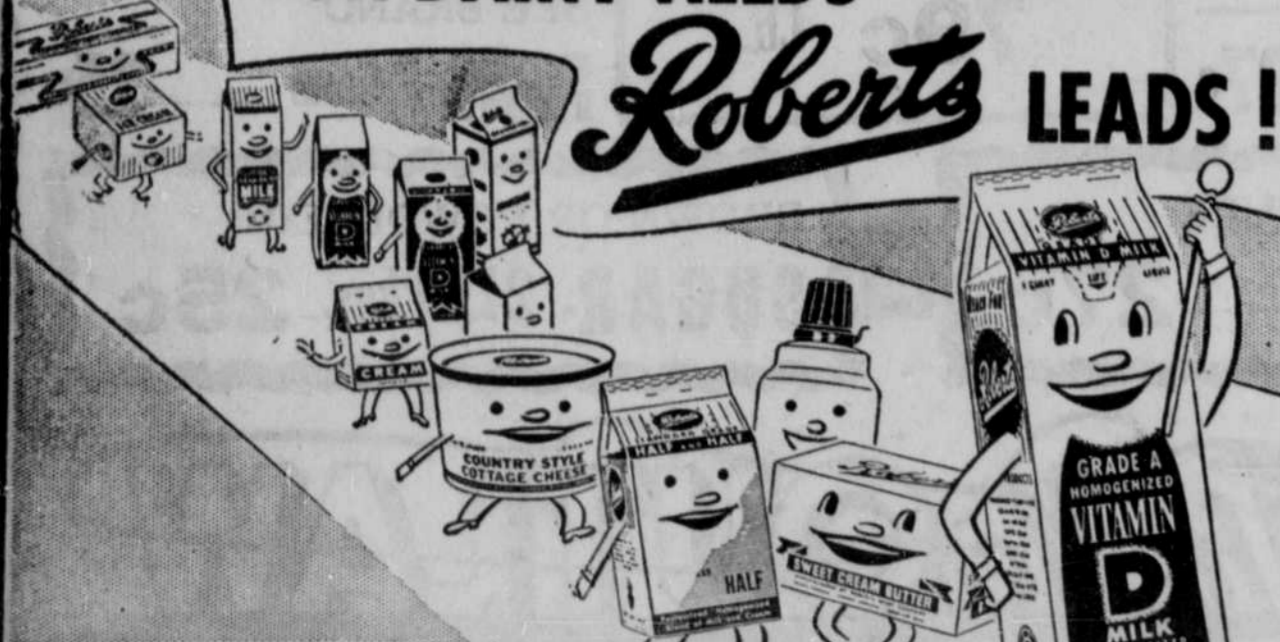
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14 to 17
GREY PANTS 2.25
30 - 40

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