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MANY ATTEMPTS ARE BEING MADE TO SOLVE PROBLEM OF HIGH COST OF LIVING

Elimination of Waste, Selection of Foods Containing the Greatest Nutritive Value, and Skill in Concocting Appetizing Dishes, are all Steps in the Right Direction.

In attempting to solve the problem of the high cost of living, Kansas is directing its energies toward showing the wage-earners how to economize on the food products. Prof. E. H. S. Bailey, food analyst of the state board of health, is sending to each local labor union a copy of rules which he believes will help housewives in their effort to save money, or to receive better food values for the amount expended. The first eight rules are:

Stop eating more than is necessary. Stop the waste in the selection of food. Do not waste good food by throwing it away. Food bought in small packages costs more than it is worth. The most expensive food is not always the best. Do not purchase foods out of season. The best food may be spoiled by bad cooking. Have a system in preparing foods and avoid the purchase of more than is needed for immediate use.

Professor Bailey believes the average person eats too much. He says: "The appetite often excites a person to take more food than is necessary or is good for his system. Unrestrained appetite in

either food or drink leads to a loss of efficiency and adds to the cost of living. The heaviest waste comes from the improper selection of food, mistakes in keeping or storing, and in preparation for the table."

Kansas will hereafter pay a bonus of \$500 to every High school that maintains a complete domestic science course. The agricultural college will send out a dozen movable domestic science schools to stay a week in each town for the purpose of showing housewives how to cook according to the latest ideas in economic management. Food thrift lectures will also be sent broadcast over the state, telling the different kinds of food and the nutritive value of each. In this way the cost of living can be kept down, and the greatest possible nutriment can be secured from all the foods used. Elimination of waste, selection of foods containing the greatest nutritive value, and skill in concocting appetizing dishes, are all steps in the right direction. By and by it will be considered a crime for housewives to be wasteful.

HOME MADE ENGINES CONSIDERED THE BEST

New Switch Engines to Be Built at the Burlington Shops in Havelock.

The Havelock shops will soon begin to build five switch engines, known as class G 3. Material is now being assembled for the purpose. Class G engines are the second largest in service on the Burlington system west of the Missouri river. These have a tractive power of 28,200 pounds. The largest size have a tractive power of 33,700 pounds, says the Lincoln Journal.

The traction force or pulling capacity of switch engines as well as locomotives has been increasing considerably in the last twenty-five years. Fifteen years ago the shops built a class G 1 switch engine, which had a tractive power of but 18,400 pounds. Twenty-five years ago the maximum tractive power of switch engines built at the mechanical departments of the railroad was only 13,350 pounds.

With the present modern facilities of the Havelock shops it will take fifty men but six days to build one of the five switch engines soon under construction. In the last ten years twenty-three switch engines have been built at the shops. Six of the G 6 class, or largest size with greatest tractive force are still in active service.

Switch engines built by the company are considered more satisfactory than those which are built by contract with some big locomotive factory. They are declared to run longer without repairs and to outlast. With the latest and most modern labor-saving machinery it has been found that they can be erected for less money. The building of switch engines has not been carried on for several years at the shops because there has been no demand for new motive power of this kind. Many years ago the road built some locomotives. With its present excellent facilities for manufacturing them it is possible that at some time this class of work will be resumed. Shop officials declare that they are not afraid to tackle anything in this line with the equipment now.

James Hunter and son, Robert, departed this afternoon for Hitchcock, South Dakota, where they will visit Mr. Hunter's daughter for a few days, returning with Mrs. Hunter and the children next week.

Makes Good Time From Omaha.

From Tuesday's Daily. Ed Rynolt yesterday lowered the motorcycle record between Omaha and Plattsmouth to 45 minutes of actual running. Ed made it in exactly 55 minutes, but was laid out ten minutes at La Platte by two punctures in his tire. From Omaha to La Platte required 35 minutes and the speed limit within the corporation limits of Omaha and South Omaha were adhered to. Ed is confident he can lower his running time of yesterday when the road is a little better.

TREE PLANTING A SUCCESS IN CASS COUNTY

Cottonwood Trees Planted Forty-three Years Ago Now Being Made Into Lumber.

In conversation with W. T. Smith a day or two ago, the writer was informed that Mr. Smith was engaged a part of last week in cutting and sawing into lumber some large cottonwood trees on the farm of Jacob Tritsch, about a mile east of the old Livingston ranch, in Eight Mile Grove precinct. Some of these trees were more than 100 feet high and nearly four feet in diameter, and one tree alone made several hundred feet of lumber.

The lumber from these trees Mr. Tritsch intends to use in the construction of a large barn on his farm. Some interesting history is related concerning these magnificent trees. In 1868 Judge Basil S. Ramsey, then about 24 years old, purchased the eighty acres upon which these trees grew for \$300. At that time there was not a sign of a tree of any kind upon the land except a few willow sprouts along a small spring branch across the southeast corner. That year Judge Ramsey, with a small team of horses and a 12-inch plow, broke about half the eighty, including the part where the grove and orchard are now located. While breaking the land the Judge batched in a 10x12 shanty made of cottonwood lumber.

The next spring, 1869, he laid off the rows about eight feet apart and planted the cottonwood sprouts, three or four feet in length, from which grew Mr. Tritsch's saw logs. The Judge tilled the ground between the trees for some years until the trees got a good start, and from these young cottonwoods, so carefully planted and tended by the Judge 43 years ago, have developed the magnificent trees which have weathered many a hard storm and now furnish the material for a valuable barn.

At the time the cottonwoods were planted Judge Ramsey also planted an orchard of apple trees, many of which are still living and bearing fruit every year. Walnut trees planted at that time have acquired a diameter of two feet and are bearing every year. The farm was sold by Judge Ramsey to Jacob Tritsch in 1889, and many valuable improvements have been added since. How very truly verified is the adage of the late Hon. J. Sterling Morton: "Plant trees."

Poor Crops in the East.

E. Rignell, superintendent of the Lincoln division of the Burlington, who returned Saturday from an extended trip in the east, says crops look better west of Chicago than east of that city, and that the best prospects are near the Missouri river. Mr. Rignell spent some time in New York City and observed the crop situation between New York and Chicago closely. "Glad to get back to Nebraska," he said. "Conditions are better here. If the east depends on such crops as I saw the people would starve to death. It seems good to get back where crops grow and where farmers have real farms."—Lincoln Journal.

W. C. James of Omaha and S. D. Woodley of Lincoln are in the city looking after the interests of the Modern Woodmen and at the same time working up a class to be initiated on the dedication of the new Woodman building when completed.

A VERY PRETTY CHURCH WEDDING

Mr. Joseph Sedlak and Miss Hermia Kalasek United in Holy Bonds of Wedlock.

From Tuesday's Daily. A very pretty church wedding occurred this morning at the Holy Rosary Catholic church, when Father John Vleck joined in the holy bonds of wedlock Mr. Joseph Sedlak and Miss Hermia Kalasek. The bride was attended by Miss Celia Kalasek, a sister, and Miss Clara Janda. The groom was accompanied by James Sedlak, brother of the groom and J. Kalasek, a brother of the bride. A large number of relatives of the happy young couple attended the marriage ceremony at the church, after which the bridal party and guests repaired to the home of the bride's mother, Mrs. Joseph Kalasek, where a reception was tendered the bride and groom. About 12 o'clock a sumptuous wedding dinner was served at the home of the bride's mother.

The groom and bride are popular young people. Mr. Sedlak having acquired many friends among Plattsmouth young men since his arrival from his native land a few years ago. He holds a good position at the Burlington local shops, where he is well liked by all who come in contact with him. The bride was born and reared in this city and is an attractive and highly respected young lady, being the daughter of Mrs. Joseph Kalasek of this city, and she possesses a large circle of young friends with whom she is very popular.

The Journal joins with their legion of friends in wishing Mr. and Mrs. Sedlak prosperity and happiness along life's journey.

A Linen Shower.

From Tuesday's Daily. Last evening Miss Anna O'Brien, who has been making her home with Mrs. Weckbach, was made the victim of a most delightful surprise party. Miss O'Brien is soon to be married, and so a number of her friends planned this enjoyable occasion, it being in the nature of a linen shower. Miss O'Brien was completely surprised when her friends walked in on her, and during the evening when she was showered with many handsome linen pieces, she could not help but feel pleased at the kind remembrances of her friends. A number of amusements had been planned, which furnished plenty of entertainment for all. The first one was that of pinning the tail on the donkey, in which Miss Albia Svoboda captured the prize, a pretty linen piece, while Miss T. Hempel was awarded the booby prize, a small package of candy. The jolly company then indulged in a marshmallow eating contest, and Miss Helen Spies succeeded in downing the largest number and was presented with a bottle of perfume. Miss Anna O'Brien won the booby prize, a box of gooseberry candies. Delicious refreshments were served, after which the guests departed for their homes, having thoroughly enjoyed themselves. Those in attendance were: Misses Albia Svoboda, Teresa Hempel, Margaret Hanrahan, Rose Vondran, Hermia and Helen Spies, Mary Novotny, Mary West, Mary Nemetz, Emma Bauer and Minnie Born.

Charles Johnson in Town.

From Tuesday's Daily. Charles Johnson and wife of near Louisville drove to the county seat this morning to look after business matters for a few hours. Mr. Johnson was formerly a citizen of Plattsmouth and proprietor of the Riley barber shop. He is now doing fine on the farm. Crop prospects are not as bright as they have been in more seasonable years, but Mr. Johnson believes there will be a much better yield of wheat than farmers generally expected, but it is a question how to save the crop, as the straw is so short that it will be a very difficult matter to cut and bind the wheat. Oats will be very good, but the cold weather is injurious to the corn crop, said Mr. Johnson.

Another New Baby in Town.

From Monday's Daily. The stork visited the home of Mr. and Mrs. J. C. Epings last night and left them the dearest and sweetest little daughter that ever "came down the pike," and J. C. is just a little bit the proudest papa in Plattsmouth today. Mother and baby are doing nicely and the Journal hopes the little lady will live many years to brighten the home of her parents.

IN HONOR OF TENTH BIRTHDAY

Large Company of Little Folks Delightfully Entertained Yesterday Afternoon.

From Wednesday's Daily.

A large company of little people were delightfully entertained by little Miss Ruth Moffet at her home yesterday afternoon in honor of her tenth birthday anniversary. For the entertainment of her little guests Ruth had arranged a peanut hunt, and a number of peanuts had been previously hidden in various nooks about the lawn. Upon counting the peanuts it was found that Miss Ballance had found the largest number and she was awarded the price, a roly-poly.

The little guests then participated in various games, which furnished plenty of amusement for them and which made the afternoon's entertainment a most enjoyable one. A pleasing feature was a dainty birthday luncheon, consisting of brick ice cream, cake, lemonade and candies, which were served about 6 o'clock.

Those who assisted little Miss Ruth in properly celebrating her birthday were: Adelia Sayles, Clara Mae Morgan, Helen Westcott, Mason Weeott, Carl Wurl, Bill Martin, Frances Martin, Walter Martin, Dorothea Peters, Fern Thompson, Clara Louise Abbott, Lee Abbott, Gladys Cotner, Marie Nemetz, Johnny Nemetz, Julaine Bajcek, Jenette Bajcek, Elizabeth Bajcek, Roseo Hill, Alice Ptak, Clodit Ptak, Theodore Ptak, Carl and Ruth Moffet, Miss Ethel Ballance and Miss Nell Oakes.

Double Wedding Today.

From Wednesday's Daily.

Judge Beeson issued marriage licenses yesterday for the marriage of Harry Baughman to Miss Mabel Kline and for Earl Kline and Miss Baughman, and a double wedding occurred today. The groom in the first and the bride in the second mentioned couple are the son and daughter of Mr. and Mrs. Henry Baughman, residing ten miles west of Plattsmouth, while the bride of the first and the groom of the second mentioned couple are the daughter and son of Mr. and Mrs. Sam Kline, residing west of Murray.

In County Court.

From Tuesday's Daily.

The last will and testament of John Wolpert, late of near Manly, was offered for probate in the county court yesterday. Joseph Wolpert, a son of the deceased, was present in court, as was also Thomas Akeson, who was one of the attesting witnesses to the execution of the instrument.

Final settlement was made in the estate of Mrs. Anna Schneider, deceased, and decree of distribution of the property and findings of heirship entered.

Showed Theodore's Big Stick.

From Monday's Daily.

As No. 6 pulled away from the station this morning the expressman exhibited at the door a fine example of Roosevelt's "big stick," which had been started from Lincoln and was making the journey with the Lincoln contingent to the Chicago convention, all tagged and prepaid to the convention hall.

Sixty-two Monday.

George Staats, the senior clerk at the postoffice, celebrated his 62d birthday June 17, 1912. George was the recipient of a generous supply of socks and handkerchiefs as a gentle reminder that in the future he will be expected to keep his feet and nose clean.

YOUNG PEOPLE ARE UNITED IN WEDLOCK

Very Pretty Home Wedding Takes Place Wednesday, June 19, at High Noon.

From Wednesday's Daily.

A very pretty home wedding took place Wednesday, June 19, at high noon, at the home of Mr. and Mrs. E. M. Godwin, when their oldest daughter, Miss Mollye, was united in marriage to Mr. John Shurigar of Kenesaw, Neb. The solemn and impressive ring ceremony, which united this happy young couple, was read by Rev. A. L. Zink, pastor of the Christian church of Plattsmouth. The bride wore a wedding gown of white embroidery and carried a shower bouquet of bride's roses.

Miss Anna Wohlfarth of this city was bridesmaid, while Mack McCarthy was the best man. Miss Elizabeth Shea of this city played the wedding march.

Miss Mollye grew to womanhood in this city, where she recently graduated from the High school and is a member of the High School Mandolin club. She is a young lady of charming personality, possessing a rare musical talent. Mr. Shurigar is a prosperous farmer, residing near Kenesaw and is a young man of high standing in his home community.

Mr. and Mrs. Shurigar left on No. 23 over the Burlington for the west and will be at home after July 1.

Sarpy County Commissioners.

From Tuesday's Daily.

Joseph Pflug, Jacob Sass and James Ely, members of the county board of commissioners from Sarpy county, in company with County Surveyor H. D. Patterson and County Clerk Will Patterson, were in this city a few hours Monday. They drove down to and over the new road leading to the new Pollock-Duff bridge across the Platte river to look after the same, where they met Mr. Pollock and accompanied him to this city, where they were entertained for a few hours by that gentleman. The Sarpy county men are like all the balance of the commissioners of the state of Nebraska, very enthusiastic over the good roads proposition, and while here assured Mr. Pollock that they were going to get right after the road from South Omaha through Sarpy county to the river and put it in excellent condition. At the present time it is a good road for traveling, but they are going to make it better, and have two gangs of men at work now. The road leading to the bridge from the south has been placed in good condition and before many weeks the road from this city to Omaha will be one of the best in the state. May the good roads movement continue to grow.

M. W. A. Building Progressing.

From Tuesday's Daily.

The workmen are making good progress on the new M. W. A. building. The rooms in the second story have had the plastering completed and the work on the lower walls is now well along. The windows are all in and the carpenters are now doing the finishing. The finishing will require some time to complete, but the work is to be pushed right along until finished. A committee yesterday went to Omaha with J. Warga and selected elegant electric light fixtures to be installed at once.

Miss Vallery Entertains.

Miss Mathilda Vallery was hostess yesterday afternoon at a charming bridge whist party in honor of her friend, Mrs. Adams, of Boise, Idaho, and her sister-in-law, Mrs. Lewis Vallery, of Fort Worth, Texas. Four tables were filled with lovers of the game and a most enjoyable time was had. The guests of honor were the recipients of handsome favors, while Miss Mia Gering carried away the prize for points. A delicious two-course luncheon was served.

Baltz Volk of McClain, Neb., arrived last night on No. 14 and will visit the Jacob Tritsch and M. L. Friedrich homes, as well as other relatives in the vicinity.