

# — READ THE OMAHA GUIDE —

## News From Around Nebraska

The Board of Education at Albion has passed a new ruling that the High School band will not be available for everything that comes along. According to an article appearing in last week's News, requests for the band to play must be cleared through the school administration.

Highway No. 6, which is a growing competitor for Highway 30 which runs through Blair, now has a publication issued regularly which bears the name of "Sixogram." It goes to businesses and individuals who are interested in the welfare of Highway 6 and deals with things which will be beneficial to that route. Reference to the Sixogram was made in the Minden Courier.

Last Tuesday was county government day at Loup City and the visiting Juniors were treated to something out of the ordinary. During the noon hour someone entered the vault in the office of the County Clerk and made away with \$585. Around eighty students were in the offices during the morning and it is believed that someone slipped in during the confusion and secreted themselves in the building, taking the money after the office staff had gone to lunch at noon.

Money taken was an accumulation of hunting and fishing license funds.

At Edison an auction of cattle was held last week and the C. K. Mousel Hereford Ranch sold a 17-month-old bull which it had raised for \$25,000. The price was the highest ever paid in Nebraska at an auction, according to the Public Mirror published at Arapahoe. In the same sale the same rancher sold sixty-one other head of cattle which averaged \$1,000 per head. Two other young bulls brought \$5,800 and \$4,000.

Sounds like there should be good times on the Mousel ranch for a while, at least.

1700 Telephone users at Schuyler received letters from the telephone company last Friday, telling them what their new dial telephone number would be. Schuyler will switch over to dial service December 4th, the Schuyler Sun announced.

The Central City Republican announced last week that the Kansas-Nebraska Gas Company closed its Central City office last Tuesday and discharged its personnel. The move was prompted in the interests of economy since Central City is one of the towns which have opposed the rate increase the company has been seeking.

Central City gas users will henceforth be served out of Fullerton, the newspaper stated. In case the higher rate is awarded, a cut back to the former method of doing business may be reinstated, it was inferred.

A drop in the water table level in the Platte Valley has been recorded and is being attributed to the heavy uses of irrigation.

The Mid-State Reclamation district has revealed that the level has dropped 4.75 feet in Merrick County (Central City); 7.02 feet in Hall County (Grand Island); and 8.35 feet in Buffalo county (Kearney).

The summer recreation program and the amount to spend on it has been a problem in towns the size of Blair for several years. As a matter of comparison, the money spent at Seward last summer amounted to \$1127, the Seward Independent revealed last week. Of this amount, \$750 went for supervisory personnel, the balance for equipment and miscellaneous expenses.

A rancher at Ord lost 26 head of cattle in three hours last week shortly after giving them a feeding of oat hay. The hay, it was later determined, had become poisonous and when eaten, turned the blood of the cattle black, shutting off the oxygen in the blood supply.

Market value of the cattle was \$100 per head, the Ord Quiz revealed, but the cattle were purebred breeding stock which had taken years to develop and their value was many times that amount.

Construction work on the new community hospital at Osceola is entering the final stages, the Osceola Record stated last week. Tile for the floors and final plumbing installations are being made. Occupancy will take place soon.

The firemen at Aurora like to be good hosts—so they entertained their guest firemen with a fire.

To demonstrate some new methods and equipment, the firemen purchased a small house on the outskirts of the town and set it afire. Then they proceeded to let it burn at varying speeds, pointing out the use of various types of sprays. The demonstration started with a fire in the attic and it was shown the length of time a fire could smoulder in the attic before it would be discovered.

At Chadron the street department has blocked off appropriate streets to provide coasting area for the kids this winter.

Also in the news at Chadron are three suits of \$30,000 each which have been filed against a Chadron radio station. It is charged that a teen-ager had sent in a request for a certain musical number and had the number dedicated to the plaintiffs in the case. The incident was considered slanderous by the plaintiffs and they have sued for the \$90,000.

The whole thing was the outgrowth of a neighborhood fuss some time prior to the broadcast on October 3rd.

The Chadron VFW club got into the news at Chadron, too. State officers picked up a couple of slot machines found stored in a room in the club building.

West Point is planning its Christmas decorations and will have a Nativity Scene as a new feature this year. The scene will embody fifteen life-sized figures, will be electrically lighted and will have special electric lighting facilities, according to the West Point Republican.

Indicative of what irrigation means to farming is a man at Aurora who was honored at a dinner last week because he raised a field of corn which averaged 132 bushels per acre. There were a half dozen other men there, too, who had yields of over 100 bushels, according to the Aurora News-Register.

## December 1st - Safe-Driving Day No Paper Carried The Story

No paper carried the story. Can't understand why. It was good material—packed with human interest.

It happened this way: They had planned the vacation for a long time. The children had counted the days till it began. Then they started off on that long trip they had planned so well.

The days went quickly—as vacation days do. It was on the way back—only an hour's drive from home—that the parents began talking about the time they had had. They agreed that it was the most wonderful trip of their lives. They said they would

never forget it.

They were right. They never would forget it. Here were four people with everything to live for. And they did live. There was no accident.

They were among the millions of people who every day drive automobiles without an accident. They were among the millions of motorists who never make the headlines. They had a vacation the whole family enjoyed and will always remember. Their happy days had a happy ending.

The moral of the story no paper carried? It's just this: Safety doesn't make headlines. The results of common-sense driving are evidenced by accidents that never happened—by headlines that were never printed. That's the big safety story. It's a story that happens so often it isn't news to the public.

But on S-D Day, which is on December 1, safety will be news—big news. On that day Americans all over the country will make one big effort to drive skillfully without accident. And if they are successful no paper will overlook the story. If the accident toll is cut down, banner headlines in newspapers all over the country will proclaim the news. But whether it's S-D Day or not—every driver owes it to himself and his loved ones to drive carefully . . . to practice the skill, timing, and coordination that that makes for expert driving. That's the sure way to safety. Safe Drivers Make Safe Highways. . . on S-D Day and every day.



### Made for Each Other

THE ELFIN LITTLE FELLOW and his angelic sister have the situation (the gift situation, that is) well in hand. He's wearing a snugly cotton rib knit sleeper in Christmas red. With gripper-back waist and plastic soles, this sleeper from Penney's has a special grow feature that ensures generous fit for several Christmases. The pizcap boasts a white pompon and a merry bell—just like Dasher and Comet! Sister wears a cuddly sanforized cotton flannel gown in sparkling Santa Claus print. Dainty nylon trim and ruffles add a feminine touch.

## Science & Your Health

### CYCLOTHERAPY IN MUSCLE SPASMS

HUMANS RELY ON 500 MUSCLES

MUSCLE SPASMS ARE COMMON AMONG ATHLETES

HOUSEWIVES . . .

MUSCLE SPASM IS ASSOCIATED WITH A VARIETY OF DISEASES

THE HOME HANDY MAN.

by Science Features

We humans rely on a complex array of 500 muscles of various sizes for the physical power we have over our environment. Yet, we commonly become aware of this wonderful system of locomotion only when our muscles "act up"—when they remind us through pain or spasm that something has gone wrong.

A spasm is any sudden, involuntary contraction of a muscle. Twitching, cramps or other types of muscle spasm may be brought on by a variety of causes. Sudden chilling of the body after swimming may result in severe spasm of several of the body's muscles. Sharply diminished circulation of the blood to any part of the body brings about spasms in the blood-starved area. Chemical imbalance is also a common cause of spasm; for example, recent research indicates that the painful leg-cramps of pregnancy are due to abnormally low levels of calcium in the blood of expectant mothers. The so-called night cramps—sleep-disturbing spasms of leg muscles—are also believed to be related to calcium metabolism.

Bacterial toxins can send the body's musculature into violent contractions; the most notorious of these is the poison secreted by the germ of tetanus or lock-jaw. In addition, many ailments of the nervous and skeletal systems are accompanied by muscular spasms.

In many of these chronic conditions, including arthritis, bursitis, paraplegia and low back pain, a new treatment known as cyclotherapy is proving beneficial. Doctors have found that cyclotherapy, a unique form of electrically generated physical energy, has scored striking results in easing spasms and relieving the pain of patients suffering from a variety of ailments that affect the muscles, and helping them toward rehabilitation.

The physician also has a variety of other physical and chemical agents at his disposal to quiet disturbed muscles. Heat, in various forms, has been used since time immemorial to "iron out the kinks" in painful muscles, and it is still a valuable means of therapy. Many drugs, including anesthetics, barbiturates, counter-irritants and the recently developed "tranquilizing drugs" have their place in the spasm-fighting armamentarium.

In some cases, muscle spasm is not primarily the result of disease, but is related to over-use of a particular set of muscles. In these conditions, such as the so-called "occupational cramps" or "athlete's cramps," modern methods of treatment, including cyclotherapy have proven effective in restoring free motion to the affected parts.

## Seein' Stars

By Dolores Calvin

New York — AL HIBBLER IN THE 5G CLASS . . . Because of his sensational record releases as "He" and "Unchained Melody," Al Hibbler has climbed into the \$5,000 a week class. He's the first blind crooner to scale such dizzy heights and he proves that a physical disability doesn't stop the indomitable.

For concerts and one-nighters, Al's getting \$1,000 with percentage. His already solidly booked itinerary includes being headliner for the Birdland All-Star Concert tour which runs 26 days from February 23rd, a European trip sometime next June and four guest spots on Ed Sullivan's TV show. And this all for a singer who six months ago was just a singer's singer—with no possible chance for the big time.

Dinah Washington steps into her first concert appearance with a 40 piece orchestra when she appears at New York's Carnegie Hall December 14. Dinah's mighty happy about this.

Nat King Cole to tour with a British orchestra. As part of a reciprocal good-will arrangement, Nat will tour with Ted Heath's band starting April 1st in Texas. . . Erroll Garner comes from Boston area to New York's Basin Street.

Rock 'N Roll will really invade small New York theaters during the holiday season. Rock 'N Roll has proven itself as a money making thing—but still the big theaters which haven't done any featurings of stage shows are slow to take it on yet in this area. The Anello in Harlem did a record of \$38,000 worth of business in one week—which was more than twice the amount it usually does.

A new harmony foursome—the Southlanders doing good business at the Pavilion in Glasgow, Scotland and are already set for a summer season for next year at the same spot. . . Also doing good biz is the film "Trial" which has the racial theme and Juano Hernandez' sensational acting as a Negro Judge. We were truly pleased to see how "Trial" is packing them in in cities as Montreal, Detroit and major circuits.

Sammy Davis, Jr. has yet to get over the tremendous tribute paid him in Hollywood by the Friars. It was the first time a Negro was honored at the Dinner which helps several charities and this

time included the NAACP. 1,000 Hollywood stars included Jack Benny, Eddie Cantor, Jeff Chandler, George Burns, Frank Sinatra, Gary Cooper, etc. and etc. for it was one fabulous evening. But then Sammy Davis affects Hollywood that way.

### Study Shows How More Boys Get Fractures

Boys have a way of getting all broken up.

After a study of benefits paid to policyowners, Mutual of Omaha found that children, especially boys, sustain fractures more than adults.

Of every 1,000 men disabled, 54 are for fractures. For women, the figure is 56, and for children, 74. Eighty-eight of every 1,000 boys disabled are for fractures, compared to 57 for girls.

Children fracture arms more than any other bones, while adults fracture ribs more frequently than other bones.

Other common fractures among children, in order, are legs, shoulders, wrists and fingers. Among adults, arms are second on the list, followed by legs, fingers and wrists, in that order.

Children dislocate or sprain their ankles twice as often as their backs. Adults, on the other hand, dislocate or sprain their back twice as often as their ankles.

Adults suffer rib fractures eight times as much as children, but fractured arms only one-fourth as much as children.

The three-year study covered more than 175,000 cases in the files of Mutual of Omaha, largest exclusive health and accident company in the world. Since Mutual of Omaha does business in every state, the survey covered the entire nation.

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