

# EAGLE

Special Journal Correspondence

## Food For Folks

Mr. Keith Althouse and son, Jerry Allen, of Lincoln, called at the home of Mr. and Mrs. George Althouse and Mrs. S. E. Allen last Saturday afternoon.

Mr. and Mrs. G. H. Palmer spent Sunday in Lincoln with Mr. and Mrs. Perry Rose of Fremont.

Mrs. Carrie Trimble and Merna Stradley spent Sunday in Palmyra with relatives.

Mr. and Mrs. Paul Judkins of Lincoln called on the former's mother, Mrs. Emma L. Judkins.

Guests of Mr. and Mrs. Gilbert Pettit and Donald last Sunday were Mr. and Mrs. Harry Cooper and family of Bennet and Mr. and Mrs. Albert Jensen and family of Bennet and Mr. and Mrs. Layne Collins and family of Havelock.

Mrs. Ethel McWilliams and Seaman Ronald McWilliams were in town on Monday of this week visiting friends.

William Hudson left the first of this week for Fairmont for a few days visit with relatives.

Miss Minnie Horah and Mrs. Roelofs of Lincoln were the guests of Mrs. Emma Judkins and Mrs. Nell Hursh on Tuesday of this week.

Andrew Rockenbach of Alva, Oklahoma is visiting relatives and also looking after matters of business.

Mrs. R. B. Morgan recently purchased the property known as the "William residence" from Mrs. Daisy Burns.

Mr. and Mrs. C. E. Allen of Lincoln visited at the home of Mrs. S. E. Allen last Saturday evening.

### Teachers' Reception

The faculty of the Eagle Consolidated school were honored at a reception held at the school house last Friday evening, October 20th.

The following program numbers were announced by Mrs. John Fischer, who also led the group in singing:

Vocal duet—Margaret Ann Wulf, Oryl Lee Fischer  
Piano Duet—Delores Scattergood, Dorothy Thomas

Vocal Solo—Fae Ellen Rudolph  
Piano Solo—Lois Henriksen  
Vocal Solo—Edward Bender

Vocal Solo—Fay Scattergood  
Vocal Solo—Margaret Ann Wulf

Teachers introduced  
Two skits given by members of the faculty

Group Singing  
The teachers are: Supt. P. D. Pyle, Mrs. Pruden, Miss Ross, Mrs. Chase, Miss Haas, Mrs. Fleischman, Miss Parsons.

Pie and coffee were served in the lunch room after a social hour.

### O Street Homemakers Club

The members of the O Street Homemakers club were the guests of Mrs. A. H. Slekman at her home on Friday, October 13.

Mrs. Floyd Siekman was a welcome visitor.

The project leaders, Miss Martha Dettmer and Mrs. A. W. Adams presented the lesson.

The hostess served sandwiches, were welcome visitors.

The Basic Seven: Group One Green and yellow vegetables.

Today we want to talk about the yellow vegetables. Yellow vegetables such as carrots, pumpkins, rutabagas, winter squash, sweet potatoes and yams are most significant for their vitamin A value. Mature carrots have a higher value than young carrots do. Some foods from this group should be used every day, and they may be used raw, cooked, frozen or canned.

The special job of vitamin A is to keep the lining and covering cells (epithelial cells) of the body in a good healthy state—whether it be the cells in the lining membranes of the nose, throat, eyes, kidneys, bladder or the intestinal tract, or in the outside cells of the skin. Thus vitamin A can, among other things, help in normal vision, in building up general resistance, in improved digestion and in keeping the skin in better condition.

Iron is chiefly responsible for helping to keep the coloring matter (hemoglobin) of the blood up to normal. This should be kept up normally but must be a special concern for one who donates blood for use of the armed services.

We want in this column to give some idea of how each of the Basic Seven groups can help us to make our daily diets better and to show in order to meet our many needs, how we can fit these groups together.

**Are we in a Rut**  
Americans like variety. We like new clothes, new movies, new music, and new kinds of fun. We are constantly changing our styles of almost everything.

No, in most ways we Americans are not in a rut. But wait—what about our diets.

Do you eat the same things for breakfast every morning? If so, why not use some other foods? Do you buy the same cuts of meat week after week? Have you tried some different vegetables lately? One pleasure we get out of eating away from home is that "we don't have to eat the same old thing"—we have something different. We can have variety at home no matter how little we may have to spend for food. Many hotels, restaurants and boarding houses have learned this lesson. Those which serve the same things day

after day soon begin to lose their regular customers.

We do like variety in our diets but too often at home we are in a rut with our food. Isn't that true? Too often we build our meals out of what's in the pantry rather than guiding our pantry out of what should be in our meals. Let's "shake up" the pantry. Did you ever take an hour or two and wander over a modern grocery store looking at the great variety of foods for sale? Try it sometime and see how many good foods you have been missing—how many that could be used on your table without extra cost.

How many vegetables have you had on your table during the past week? Could several others have been used? Vegetables vary greatly in their food value and in the minerals and vitamins they contain. Let's not stick to three or four old "stand by's" but rather get some new ones on our list.

Then, too, many of the vegetables which we ordinarily cook could more often be eaten raw to give variety and to preserve more of the food value. Some examples are tomatoes, cabbage, carrots, turnips, turnip greens, cauliflower and spinach. Have you tried salad made of raw cabbage and raw turnip greens or spinach?

How many kinds of beans and peas do you commonly use? Let's list a few that we can get: Lima, pinto, navy, soy, kidney, and string bean, and black-eyed, green (English) and Crowder peas.  
Soybeans—Least expensive source of good quality plant protein. Average serving of soybeans gives as much protein as an average serving of lean meat. Also good source of B1, B2 and iron. Soybean flour can be used in many ways.  
Mrs. Nelson Berger, Nutrition Chairman, Cass County

## Buy More Bonds

### DEPENDABLE INSURANCE

This agency can supply you with any kind of good insurance written by reliable stock companies. Ask for rates, or information. We can help with your insurance problems.

Call or See  
**Duxbury & Davis**  
AGENCY  
Soennichsen Building

## SWEATERS



Little Girl — Junior Miss  
Teen Age  
Sizes and Selection for All. Latest colors including white.  
Sloppy Sue, Cardigans, Novelties.

1.95 to 5.95

**Soennichsen's**

## CALDWELL MORTUARY AND CHAPEL



LADY ATTENDANT 24-HOUR AMBULANCE SERVICE

### Beautiful Memories

of reverend and dignified services live longer. Our work is done quietly and sincerely with consideration for the family. Our services are at your command.

Floral Orders Cared For

## To Our Friends And Neighbors;

Two years ago the people elected Howard Buffet to Congress.

As a citizen of Nebraska, he had been courageous and outspoken.

As our Congressman he has continued to be fearless and forthright.

Let's keep him on the job in Washington

**BUFFET FOR CONGRESS CLUB**

FOR VICTORY — BUY WAR BONDS

# TRICK or TREAT



Hallowe'en is here again and you need a supply of fresh fruits, nuts, cookies, candies, or some such treat handy to insure a joyous holiday spirit. Too, your family will enjoy a 'treat' at meal time to get away from the same old dishes. Your Hinky-Dinky store has the largest supply of 'treats' for today's shoppers to make marketing easier and savings surer. Stock up now your treats for the family and the neighborhood youngsters from the Hinky-Dinky.

Town Talk Yellow Cling No. 21 1/2 Cans	30¢	Butter Kernel Whole Kernel No. 2 Cans	14¢	Sunshine Crackers 1-LB. BOX	22¢
Peaches Sun Pak Elberta Freestone No. 2 1/2 Cans	28¢	Corn golden Kuner's Early Garden No. 2 Cans	15¢	HI HO Loose Wiles Jr. PKG.	13¢
Peaches Del Monte Early Garden No. 2 Cans	34¢	PEAS CHEERIO No. 2 Cans	11¢	Cheez-Its Del Monte Seedless 15-OZ. CTN.	13¢
Asparagus Hargis Cut No. 2 Cans	11¢	Tomatoes Grapefruit Juice 46-OZ. CAN	29¢	RAISINS Baby Emerald POUND	36¢
Green beans Del Monte Diced No. 303 Glass	13¢	Tropic Gold Tomato Juice No. 2 Cans	10¢	WALNUTS Fruitcrest Apricot 1-LB. JAR	26¢
CARROTS Kuner's Fancy Cut No. 21 1/2 Cans	14¢	KUNERS Royal Purple QT. Bottle	36¢	Preserves Ocean Spray Cranberry 1-LB. JAR	20¢
BEETS Del Monte Early Garden No. 2 Cans	17¢	Grape Juice COCOA 1/2-LB. PKG.	10¢	Marmalade Every-Meal Apple Base 16-OZ. JAR	18¢
Spinach		Hershey's		JELLIES	

TEXAS MARSH SEEDLESS GRAPEFRUIT POUND	7¢	APPLES U. S. NO. 1 FANCY IDAHO JONATHANS 2 Pounds	23¢
FANCY WISCONSIN CRANBERRIES Cello Pkg. LB.	35¢	RING PACKED FULL BUSHEL \$3.98	
LARGE WELL-BLEACHED STALK CELERY EACH	15¢	U. S. NO. 1 FANCY IDAHO ROME BEAUTY 2 Pounds	21¢
FRESH CRISP ICEBERG LETTUCE HEAD	8¢	RING PACKED FULL BUSHEL \$3.98	
CALIFORNIA RED FLAME TOKAY GRAPES POUND	19¢	U. S. NO. 1 FANCY WASHINGTON DELICIOUS 2 Pounds	23¢
FRESH SOLID GREEN HEADS CABBAGE POUND	3¢	RING PACKED FULL BUSHEL \$4.19	
50-LB. BAG WHEN PACKED \$1.39		U. S. NO. 1 POTATOES IDAHO RUSSETS 10 LBS.	39¢
		COLORADO SNOWBALL CAULIFLOWER POUND	13¢

THE WONDER FLOUR OMAR FLOUR 5-LB. 26¢ 25-LB. BAG	99¢	FOR FINE BAKING GOLD MEDAL FLOUR 10-LB. BAG	53¢	BRER RABBIT MOLASSES GREEN LABEL 24-OZ. BOTTLE	27¢
BUY 'EM BY THE DOZEN HEINZ NEW STYLE CONDENSED Cream of Tomato Soup NO. 1 CAN	11¢			Buckwheat Flour 1 1/4-lb. PKG.	16¢
				Aunt Jemima M and C Dinners REG. PKG.	19¢
				Spaghetti Everbest Vegetable RELISH JAR	20¢

MILK AMPLIFIER BORDEN HEMO 1-LB. JAR	59¢	SWIFTS QUALITY PORK SAUSAGE GRADE A VEAL POUND	29¢	WILSON'S CERTIFIED PLAIN Liver Sausage GRADE A VEAL SIRLOIN OR RIB CHOPS FOR LOAF OR PATTIES POUND	29¢
		Round Steak GRADE A VEAL POUND	41¢	STUFF AND BAKE Veal Breast POUND	17¢
		Shoulder Roast T. 1 CUDAHY PURITAN POUND	26¢	Armours Star Type 1 Ring Bologna POUND	32¢
		Pressed Pork Fine in Soups POUND	52¢		
		OXTAIL POUND	18¢		
		Extra Fancy Beef Brains LB.	14¢		

OLD ENGLISH LIQUID WAX PINT BOTTLE	39¢	QUART BOTTLE	69¢	Standard Isopropyl 16-OZ. Bottle	19¢
				ALCOHOL Paste Shoe Polish REG. TIN	9¢
				SHINOLA Gold Coast Gold Handle \$5.00	
				BROOMS Each	1.09

ACTIVE LATHER REMOVES DIRT LUX SOAP 3 REG. BARS	20¢	THE FLOATING SOAP SWAN SOAP MED. BAR	6¢	BLEACHES - DEODORIZES CLOROX QUART BOTTLE	17¢
THE FOUR WAY SOAP SWAN SOAP 3 LARGE BARS	29¢	FOR WASHING DAINTY THINGS LUX FLAKES 2 REG. PKGS.	19¢	PERFEX CLEANER 8-OZ. PKG.	23¢

**SWEETHEART** 3 REG. BARS 19¢

**RINSO** LARGE PKG. 23¢

**WHITE NAPHTHA P and G SOAP** REG. BAR. 5¢

**3 FOR 13¢**

Plattsmouth Prices in this ad effective October 27 through November 2 subject only to market changes in fresh fruits, meats and vegetables. We reserve the right to limit quantities. No sales to dealers.

## ST. LUKE'S EPISCOPAL CHURCH



Third and Vine  
Canon Geo. St. G. Tyner, pastor

SUNDAY  
Morning Prayer & Sermon 9 A.M.  
10:15 A. M. Church School

You Are Cordially Invited

### 2 SETS BOYT HARNESS PRE-WAR QUALITY

1 1/2 " PREMIUM RUSSETT HARNESS \$89.50  
1 3/4 " PREMIUM RUSSETT HARNESS \$99.50

Here is a Buy You Cannot Afford to pass up.

**Gamble's** AUTHORIZED DEALER