OUT OUR WAY

By J. R. Williams



Tital Advertisement

Political Advertisement

RE-ELECT

TOM DOOLEY

State Senator

CASS AND SARPY COUNTIES MEMBER OF PRESENT

LEGISLATURE

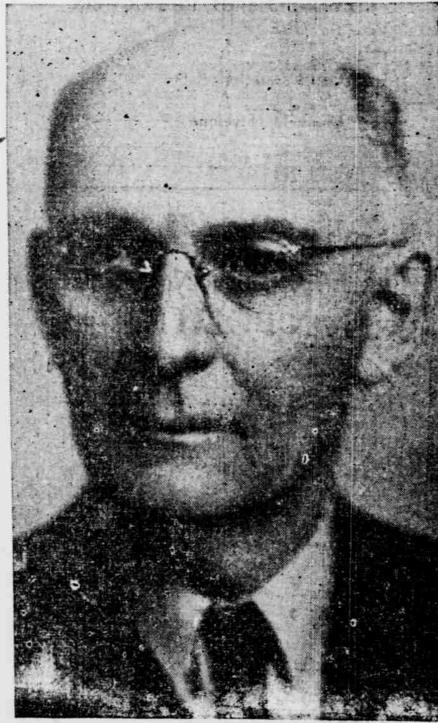
Qualified - Experienced - Dependable



Palitical Advertisement

Political Advertisement

JOHN L. MATTOX



FOR

District Judge

Otoe - Cass - Sarpy Counties

NOMINATED BY THE PEOPLE AT THE PRIMARY ELECTION

Mr. Mattox was born on a farm near the Nebraska-Kansas line 58 years ago. He has lived in southeastern Nebraska nearly 45 years, and has practiced law in Lancaster and Otoe Counties for almost a quarter of a century. He is married and has five children. Two sons are now serving in the armed forces and a third has been honorably discharged for disability incurred in the service. One daughter is with the Red Cross. Mr. Mattox will appreciate your vote on November 7th.

Food For Folks

The Basic Seven-Group II

Holding down the second spot on the Basic Seven chart is the food group that is known for the Vitamin C. or ascorbic acid, it adds to the body. It includes: Oranges, tomatoes, grapefruit, raw cabbage, salad greens and the like.

Other foods catain Vitamin C but nuch of it is lost under storage conditions and in preparation and cooking. Foods in Group II usually are eaten raw and this way usually supply more than one-third of the Vitamin C we consume.

Important? Yes indeed these foods are important. The ascorbic acid they contain works together with other substances to keep up health and general resistance. In addition its special job is to form binding materials in body tissues. Just as the bricks in a well need mortar, or the shingles on a roof need nails, the tissues in the body need this cement-like substance to hold their cells together, and Vitamin C is equipped to do the

Persons who get too little Vitamin find that their teeth and bones ose calcium and become fragile; blood vessels get weak and rapture under slight pressure and visible bruise spots appear. The nose sometimes bleeds; gums become spongy and bleed easily; joints are sensiive and swollen.

We Need Thee Every Day

Since the body can store this important element only in limited amounts it is important that all persons eat some of the foods in this group every day. This isn't limited to growing children. It applies equally to grandmothers and babies.

Scurvy, a disease which was so common in Europe when Columbus liscovered America, occurs when Vitamin C is lacking. English settlers in New England suffered a great deal from scurvy and soon learned to fight it by eating fruits or the products of germinated grain.

To make sure there would be no scurvy among his men, Admiral Richard E. Byrd took dried orange and lemon powder along on his trip o the Antarctic. That was before much was known about ascorbic acid and before it was possible to make it in the laboratory. During World War I, England increased the Vitamin C in the diet of the wounded in hopes that it would speed healing by binding their body cells together. In this war our own government has made efforts to insure our fighting men diets which are rich in Vitamin C as well as in other important food

In spite of the fact that since 1920 in this country we have increased our Vitamin C intake, as late as 1942 the Bureau of Human Nutrition and Home Economics found that about one-tenth of the people in the U. S. had diets deficient in Vitamin C. This shows improvement, but more is needed. High incomes and greater consciousness of the fundamentals of nutrition are partly res-

ponsible for decreasing Vitamin C

deficiency. How Much Is Enough?

The National Research Council recommends that an adult man get 75 milligrams of Vitamin C daily, and that an adult woman get 70 milligrams. These requirements are met approximately in one-half medium grapefruit or one medium orange, or two-thirds cup orange or grapefruit juice (canned or fresh) or two medium tomatoes, or one and one- half cups tomato juice or one and one-eighth cups raw cabbage. Strawberries and cantaloupes, in season, can replace the above foods

Since ascorbic acid is very unstable except in acid foods like citrus fruits and tomatoes,, caution should be used in handling these foods. Its' destruction is hastened by air, enzymes and metals like copper and iron. For this reason orange juice should not be strained through a metal strainer. Plastic knives instead of steel knives should be used in preparing these foods.

as can guaves when they are avail-

Another way to keep in the vitamins is to cut these foods in large pieces and to prepare them as close to serving time as possible.

Mrs. Nelson Berger, Cass Co. Nutrition Chm.

Florida produced more than 261,-000 railroad carloads of fruits and vegetables during the 1943-44 season, with a gross f.o.b. packed value of \$294,633,098, reported the Florida State Marketing Bureau. For comparison, the 1942-43 season amounted to 224,55! carloads, worth \$2b0,608,979.

Thousands of Americans are still fighting, Are you? Buy War Bonds.

THIS CURIOUS WORLD

By William Ferguson





ANSWER: The raising of silkworms.

NEXT: Our growing automobile junk heap.

Palitical Advertisement

... AS WELL AS CARROTS.

Political Advertisement

VOTE FOR

Charles H. Stoehr

FOR COUNTY COMMISSIONER FIRST DISTRICT

It will be impossible to contact all of the voters so I ask your consideration of my candidacy for the office.

Political Advertisement

Holystone is the soft sandstone block sailors use to scour and scrub wooden decks. It received its name, says Ships magazine, because sailors are always on their knees when us-

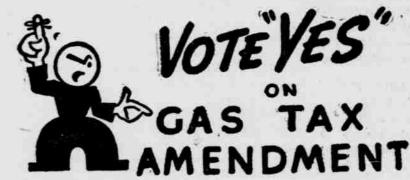
Utah, the beehive state, is "top of the mountains" in the Ute Indian language.

press at present travels 1,000 miles, that by rail 500 miles. Air shipments average 20 lbs. and rail shipments 60 lbs, in weight. In the course of a year more than 1,500 000 shipments travel by air an 179,000,000 by rail, according the Railway Express.

1500 to One

Your Car requires about 1500 nuts to hold it together, but it only takes one 'nut' to smash it to pieces. Adequate automobile insurance will pay the cost of putting your car together again. Insure your car now with

Palitical Advertisement



If YOU want the veterans and workers of your community, to have job opportunities when they return from war service

Then YOTE FOR THE GAS TAX AMENDMENT. GIVE "G. I. Joe" a chance to work in or need his home community.

YOTE YES \boxtimes 302

NEBR. FEDERATION TO PROTECT HIGHWAY FUNDS AND PROMOTE POST-WAR EMPLOYMENT, INC.

Cornhusker Motor Club Far. Un. Coop. Oil Ass'ns. General Drivers Local 608 Nebr. Auto Dealers Ass'n. Nebr. Chapter, A. G. C. Nebr. Farm Bureau Nebr. Good Roads Ass'n. Nebr. Hiway Users

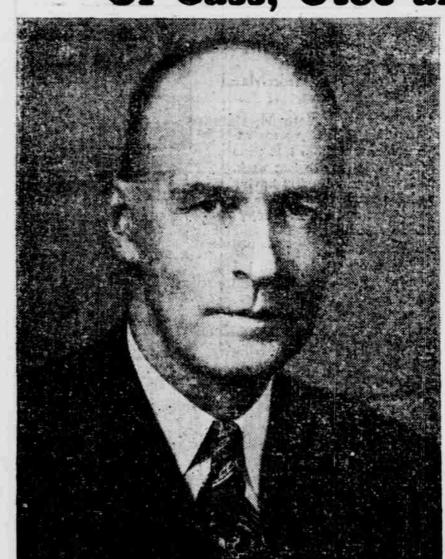
Nebr. Motor Carriers Nebr. Pet. Industries Nebr. Petroleum Mktrs. Nebr. R. F. D. Carriers Nebr. State Grange Trav. Protect. Ass'n. United Com'L Travirs.

Nebr. Hotel Association

Palitical Advertisement

Political Advertisement

word to the Voters Of Cass, Otoe and Sarpy Counties



As Friends We Take Pleasure In Recommending To The Voters of the Second Judicial District

Thomas E. Dunbar

THE PRESENT JUDGE OF THE DISTRICT COURT

He is diligently and efficiently carrying on the work of the Court.

· He is eminently fitted for this Judicial Position, being a University Graduate and a practicing Lawyer in Nebraska City for the past 22 years before going on the Bench

 He was City Attorney for the City of Nebraska City from 1929 to 1932 with a record of efficient and courteous service to the public.

He was Secretary of the Otoe County Bar Association for 6 years and its president one year.

 He was a Member of the Advisory Council and Chairman of the Membership Committee of the Nebraska State Bar Association.

He is a member of the Nebraska State District Judges Association.

 He was a director of the Nebraska City Chamber of Commerce and has always taken an active part in the civic affairs of the City and Otoe County.

He has been a property owner and tax payer in Otoe County for 22 years.

 He is married and has raised a family in Nebraska City, having 3 sons in the Armed Forces, 2 of whom have been overseas for many months and a daughter 12 years old is at home.

BY YOUR VOTES RETAIN JUDGE DUNBAR AS JUDGE OF THE SECOND JUDICIAL DISTRICT - NON-POLITICAL BALLOT NOVEMBER 7th.

(This advertisment written and paid for by the friends of District Judge Thomas E. Dunbar) Re-printed from advertisment appearing in the Nebraska City News-Press, of Nebraska City.