

OUT OUR WAY

By J. R. Williams



WHY MOTHERS GET GRAY

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 contain Vitamin C but much 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 job.

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

We Need Them 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 discovered 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 to 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 essentials.

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 responsible 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 as can guavas when they are available.

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.

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 224,554 carloads, worth \$260,608,979.

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

THIS CURIOUS WORLD

By William Ferguson



COPYR. 1944 BY NEA SERVICE, INC. T. M. REG. U. S. PAT. OFF.



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COPYR. 1944 BY NEA SERVICE, INC. T. M. REG. U. S. PAT. OFF.

ANSWER: The raising of silkworms. NEXT: Our growing automobile junk heap.

RE-ELECT

**TOM DOOLEY**  
State Senator  
CASS AND SARPY COUNTIES

MEMBER OF PRESENT LEGISLATURE

Qualified - Experienced - Dependable

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.

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 using it.

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

The average shipments by air express 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 and 179,000,000 by rail, according to 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

PHONE 79  
**SEARL'S-DAVIS**

Political Advertisement

**VOTE "YES"**  
ON  
**GAS TAX AMENDMENT**

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

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

VOTE YES  302

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

Cornhusker Motor Club	Nebr. Hotel Association
Far. Un. Coop. Oil Ass'ns.	Nebr. Motor Carriers
General Drivers Local 608	Nebr. Pet. Industries
Nebr. Auto Dealers Ass'n.	Nebr. Petroleum Mktrs.
Nebr. Chapter, A. G. C.	Nebr. R. F. D. Carriers
Nebr. Farm Bureau	Nebr. State Grange
Nebr. Good Roads Ass'n.	Trav. Protect. Ass'n.
Nebr. Hiway Users	United Com'l. Travlrs.

Political Advertisement

**A 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

**JUDGE**  
**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 advertisement written and paid for by the friends of District Judge Thomas E. Dunbar)  
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