

# WANT ADS

## HELP WANTED

HELP WANTED:—Lady and girl for fountain work. Good pay and working hours. Cass Drug. 29-61ap

## FOR RENT

FOR RENT:—2 room furnished home. Call phone 540W. 22-2td

## LOST

LOST:—Two insurance policies and car payment book. Mrs. W. H. Burns, phone 558-J. 22-2td

## FOR SALE

FOR SALE:—Oil circulating heater, breakfast table, mahogany chest with doors, victrola, lawn mower, kerosene cook stove, mahogany frame mirror 40x23, china cabinet, walnut dressing table, two Persian rugs. Other pieces. Phone 4112. Mrs. G. W. Bell. 21-6tap

FOR SALE:—Almost new living room suite, piano and many other household articles. Mrs. C. A. Marshall. 702 Avenue D. phone 534-W. 21-2td

FOR SALE:—McCormick Deering No. 3 Cornpicker. Howard Philpot, Nehawka. 23-4sw

## PERSONAL

IF YOU want to get married, write Box 258, Juliaetta, Idaho. Send stamp. 17-1f

## LOST

LOST—Pair of eye glasses Saturday afternoon. Finder please leave at the Journal.

WANTED:—Street address or information of Lucy Kuz or Kuhns, Phone 57, Plattsmouth. 23-1td

## Program and Box Supper

Given at Rock Creek school, Friday evening, November 24th, 8 o'clock. All are invited. Lucille Essert, Teacher.

## New War Minister



Checking a war map in the photo above is Gen. Chen Cheng, who replaces Gen. Ho Ying-Chin as China's minister of war. One of Generalissimo Chiang Kai-shek's most trusted aides, General Chen led the famous northern route armies in 1937, later commanded Chinese forces on the Salween front.

Do It Yourself—at Home  
**Charm-Kurl**  
PERMANENT WAVE KIT  
Complete with rollers, shampoo and wave-sets.  
It's easy to do and safe for every type of hair. For amazing results—the sure to ask for Charm-Kurl. Over 6 million sold.  
CASS DRUG, KNORR'S, STIBAL VARIETY

## Food For Folks

The Basic Seven— Bread, Flour, Cereals.

No matter how you earn that "daily crust" the mere fact that you get it is pretty important. The reason—well, because it fulfills one of the body's requirements. You see bread, flour and cereals (natural, whole grain, enriched or restored) all have been banded together and called Group VI of the Basic Seven. There really is nothing new in recommending that you eat these grain products for it appears that wherever there is agriculture, there is grain. This is a mainstay in the diets of many people, mainly because it can be stored for use in seasons when it is scarce. This keeping quality and the fact it is marketed easily, make grain and its products relatively cheap.

Half the people of the world make rice the chief part of their diets. Corn makes up about one-third of their diets. Corn makes up about one-third of the food eaten by the Southern Negro. In our own country nearly one-third of the total calories in the diet come from cereal grains. Somewhere along the line it became common to take the germ and most of the bran layers from grain, but since we have come to know their value, more attention is being

given to preparation of both the bran and the germ for human use.

### Which Has What?

In the case of oatmeal the greater part of the germ and a lot of the bran are to be found in the milled product. White rice (polished) has lost both germ and bran, while brown rice is free from the husk, but keeps most of the bran and germ. "New Process" cornmeal has no germ and little bran. Whole wheat flour, shredded, puffed and rolled wheat are practically whole grain, while white flour has neither

germs nor bran. Members of this Group VI are important because they are good sources of energy; they are plentiful; inexpensive, easy to digest and have a bland flavor. When these products have not lost their germ and bran, they are also pretty important for their iron and thiamine. The whole grain products also possess laxative qualities.

### For Your Protection.

To make sure that you and your family got the things wheat flour is supposed to provide, the government

in December 1942 issued War Food Order No. 1, which provided that all commercially baked white bread had to be enriched. In April 1944 that order was stretched to include white rolls.

This flour and bread enrichment program did a lot to safeguard that diet at many points because certain amounts of iron, thiamine, riboflavin and niacin are added back to white flour under its provisions—Without this enrichment, the products made from this flour would not contain the riboflavin or niacin

which these foods should provide for the body.

Another cheery note is that in the milling oats, only the fibrous hull and adhering portions are removed, the germ and other vitamin and mineral portions being left. Thus oatmeal ranks nutritionally as a whole grain cereal rather than as a highly milled product. Oatmeal also is considered richer than whole wheat in thiamine and is a good source of iron too.

A sort of postscript to all this would be a brief note about thiamine of which foods in Group VI seem to have a generous share. Thiamine is essential to the right use of the fuel foodstuffs in our body tissues. Too little will cause a poor appetite, nervous disorders and poor digestion. It was primarily to increase the amount of thiamine in our diets that the National Research Council strongly supported the movement to enrich white bread and flour.

Mrs. Nelson Berger,  
Cass Co. Nutrition Chr.

## YOURS FOR A TASTY



- MALTED MILK BORDEN'S CHOCOLATE 1-LB. Jar 30¢
- COCOA OUR MOTHER'S 2 1-LB. PKGS. 25¢
- POST TOASTIES CORN FLAKES 11-OZ. PKG. 9¢
- ALL-BRAN KELLOGG'S CEREAL 1-LB. PKG. 19¢
- PEANUT BUTTER IGA-CHU-WEE 1-LB. JAR 29¢
- APPLE JUICE MOTT'S PURE FULL Quart 24¢
- COCKTAIL EVERREADY MIXED VEGETABLE JUICE 10 PTS. No. 2 Can 17¢
- WHITE BEANS GREAT NORTHERN POUND 10¢
- BEANS AND BACON IN TOMATO SAUCE TALL CAN 11¢
- JUICE BORDO ORANGE AND GRAPEFRUIT BLEND No. 2 Cans 21¢
- IGA SALT PLAIN OR IODIZED 2 26-OZ. PKGS. 15¢
- CAKE FLOUR IGA BRAND LIGHT 'N FLUFFY LARGE PKG. 23¢

FRUITS & VEGETABLES FOR A TASTY THANKSGIVING  
For your Thanksgiving feast we have filled our stores with the finest fruits and vegetables obtainable.

- Grapefruit, pink meat, lb. 10¢
- Grapefruit, white meat, lb. 8¢
- Eating Pears, pound 15¢
- Apples, Jonathans pound 8¢
- Delicious apples, pound 12 1/2¢
- Oranges pound 10¢
- Lemons, pound 14¢
- Grapes, pound 20¢
- Head Lettuce, iceberg 12¢, 15¢
- Carrots, green top, bunch 10¢
- Sweet Potatoes, 3 pounds 25¢
- Red Potatoes, pound 4¢
- Onions, 5 pound 30¢
- Tomatoes, pound 20¢

## BIRD'S EYE FROSTED FOODS

- NO POINTS! OVEN BAKED BEANS with Pork, 16-OZ. 2 FOR 25¢
- BEANS, CUT GREEN Stringless, 10-OZ. 23¢
- P E A S 12-OZ. 26¢
- PEAS and CARROTS 12-OZ. 26¢
- PUMPKIN PIE MIX SEASONED TO TASTE, ADD ONLY EGGS and MILK, 16-OZ. 23¢
- BLU-BERRIES in Syrup Cultivated, 11-OZ. 48¢
- COOKED SQUASH, Appetizing as vegetable Or in Pie SPECIAL 18¢, 2 FOR 35¢
- MIXED FRUITS in Syrup 16-OZ. 37¢

## FIGS

- EXTRA FANCY Pound 35¢

## PRESERVES

- IGA BRAND PURE ASSORTED 1-LB. Jar 33¢

## Stuffed Olives

- IGA QUEENS No. 16 Jar 63¢

## Tomato Soup

- CAMPBELL'S NEW PACK Can 9¢

## Apricot Nectar

- IGA QUALITY 12-OZ. Can 13¢

## RICE

- EXTRA FANCY Pound 10¢

## IGA FLOUR

- ENRICHED with Vitamins and Minerals 25-LB. BAG 1 09

## PANCAKE FLOUR

- IGA QUICK RISING 3 1/2-LB. BAG 21¢

## SALAD DRESSING

- IGA BRAND EXTRA WHIPPED FULL PINT 24¢

## PURE JELLY

- IGA BRAND 12-OZ. GLASS 23¢

## GOLDEN CORN

- IGA BRAND WHOLE GRAIN No. 2 Cans 17¢

## POTTED MEATS

- IGA PURE No. 1/2 CAN 10¢

## IGA SPINACH

- FANCY QUALITY No. 2 Cans 16¢

## CRANBERRY SAUCE

- NO FUSS, NO BOTHER—JUST CHILL, REMOVE and SERVE 16-OZ. GLASS 22¢

## MINCE MEAT

- NEW PACK 9-OZ. PKG. 19¢

## ROYAL GUEST

- THE COFFEE OF CHARACTER 1-LB. BAG 27¢

## IGA MUSTARD

- SALAD STYLE — FOR COLD SANDWICHES 9-OZ. JAR 10¢

## IGA DELUXE COFFEE

- THE ULTIMATE IN QUALITY AND FINE COFFEE ALWAYS IN FINE TASTE POUND 33¢

## RIPPLED WHEAT

- STUFF THE BIRD WITH RIPPLED WHEAT SUNSHINE PACKAGE 10¢

## OATMEAL

- IGA BRAND 3-LB. PACKAGE 26¢

## MOLASSES

- GOLD BRER HABBIT 1-LB. BOTTLE 27¢

## LIMA BEANS

- OTOE BRAND No. 2 Cans 14¢

## JUICE

- SOLAR GLO ORANGE No. 2 Cans 14¢

## SUNSHINE CHEEZ-IT

- DELICIOUS LITTLE PUFFS WITH A RICH CHEESE FLAVOR PKG. 11¢

## CALUMET

- BAKING POWDER 1-LB. CAN 18¢

## RAISINS

- THOMPSON SEEDLESS Pound 14¢

## SOAP GRAINS

- IGA BRAND 1-LB. PKG. 20¢



Buy more War Bonds. It's the smart thing to do if you would protect your future security and happiness.

**Sattler**  
FUNERAL HOME  
AMBULANCE SERVICE  
FLORAL ORDERS PHONE 136

## PAGE-SETTER



The important Lumberjacket style in a two-piece dress... see how deftly it conveys the coveted broad-shouldered, slim-hipped look. Harvard Square rayon gabardine in Aqua, Leather, Green, Rust. \$8.95

Sizes 10-18 **SOENNICHSEN'S**

# BLACK AND WHITE

Phones 23 and 24

Leave Your Orders NOW FOR YOUR THANKSGIVING CHICKENS — DO IT NOW!  
A COMPLETE LINE OF BUTCHERING SUPPLIES  
Farmers Leave your Orders Now for Large Amounts!  
GRADE "A" VEAL — BEEF — LAMB  
—A Complete Assortment of Cold Cuts—  
FRESH OYSTERS — FROZEN FISH — CAT FISH  
FRESH FROZEN CHICKEN DINNER  
DOG FOOD, ..... Package 17 1/2¢

PHONE 79  
**SEARL'S-DAVIS**