

Mothers Asked to Help GI's Keep Food Habits They Learned in Army

The mess sergeant can't teach mother how to cook, but he can tell something about the new food habit her boy learned in camp. Telling what balanced diets did for our soldiers and urging them not to lose their new habits, McCull's says:

"If you could sit down for a heart-to-heart talk with your soldier's mess sergeant, he could give you a few tips on how the Army's Quartermaster Corps kept your boy healthy and sent him home often 15 pounds heavier. Even more, he could tell you some things that would surprise you about new foods your boy has learned to like.

"He'd say: Your boy eats more different foods now than he did before—things that are good for him and that he ought to go on eating. Like fluid milk—that was a five-star favorite in the Army. It's up to you to keep him eating them, if you want to keep him healthy. Give him these other foods right away, along with his old home favorites, so he won't lose his taste for them. We say, in the Army, that it takes three months to set up a new food habit, but only two weeks to lose it."

"Most of the changes in your boy's food habits are due to what the Army gave him to eat in camp in the continental United States. Soldiers today get a widely varied, balanced diet: milk to drink, fresh vegetables and fruit, eggs and cheese, a variety of meats and poultry, bacon and fish; as well as cereals, bread-stuffs, dried vegetables and fruits, fats, sugar, spices and beverages. Vegetables salads and a variety of meats were strange new experiences to many GIs—lots of men had never tasted fluid milk since they were babies.

"A lot of the unfamiliar foods didn't take. But the average soldier who returned to a redistribution center here for reprocessing, after months of hard rations overseas, had shifted his food likes

enough to make it necessary to completely revise the army menu. Chief discovery: meat and mashed potatoes aren't the whole answer, as they were in the last war. For now, if given the chance, 50 to 75 percent of GIs choose salad too—something that never would have happened them.

"These foods rate high: Fluid milk and ice cream; fruits and juices; ready-to-serve cereals; combination salads of fruit and vegetables: Cabbage and pineapple; Apple, orange and celery; Raw carrots and raisins. Another popular salad is lettuce and tomato with a good dressing. One man just returned from Iceland ate two whole heads of lettuce, first thing.

"You're in a position to make anything you serve more appetizing than army food, but if you're an intelligent wife or mother, plan your family's food along the lines of the thinking behind the army feeding. You should serve meals that are not only acceptable, but meals that are always nutritionally adequate.

"The foundation of eating-to-keep-healthy is: plenty of milk and milk products, like ice cream and cheese; different kinds of meat and poultry; fish and other sea food; fresh vegetables, salads and fruit, especially citrus fruits and tomatoes; eggs; cereals and breadstuffs; butter or fortified margarine.

"You cook a thousand times better than an army cook. But plan your meals so that your whole family eats as well as your boy did when he was a soldier."

THETA RHOS ELECT

The regular meeting of the Theta Rho Girls club was held on Wednesday evening in the I.O.O.F. hall. The semi-annual election of officers was held with the following being selected for officers: Doris Finnetrock, president; Jackie Krejci, vice president; Kathleen Snyder, secretary; Florence Haswell, treasurer. Plans were made for the initiation of several new members to be held in January at the regular anniversary celebration.

Journal Want Ads For Results

Steaks Are Back Again!!



Having sacrificed precious red points to get steaks and other meats for nearly four years, women all over the country enthusiastically hailed the recent OPA liberalization of meat rationing. Above, Doris McWhirt, CBS actress, deliberates before buying a big, juicy steak as her butcher cheerfully exhibits choice cuts. Although steaks are more plentiful, Mr. Butcher handles meat with care, placing it on waxed paper to assure sanitation, wrapping it as though his fair customer still paid precious points.



Traffic Deaths Are Increasing

CHICAGO, Nov. 29, (AP)—The National Safety Council, citing a rapidly increasing traffic death toll, warned Thursday that this country "is paying an inflationary price in human life for the war traffic spree."

Traffic accidents are "getting out of control," it said. The council reported that traffic deaths throughout the nation went up 53 per cent in October over the same month a year ago and said that the toll for the first ten months of the year was 14 per cent higher than in 1944.

The October death toll of 3,410 compares with a total of 2,202 dead and missing in the attack on Pearl Harbor.

Disgrace "The nation becomes properly alarmed over Pearl Harbor inflation or almost anything else that results in excessive loss of life or money," Ned H. Dearborn, council president, said. "But it accepts with a shrug of the shoulder and an amazing complacency an accident toll that is a disgrace to a civilized country."

Reports from 342 cities showed only 64 with a decrease in traffic accidents over October of last year. Eighty-seven reported increases and 192 no change. For the ten-month period, the council said, 117 cities indicated increases, 160 decreases and 66 no change.

Ramsel Funeral Saturday, Dec. 1

Mrs. Mathilda Ramsel, 54, died Wednesday, November 28 at 8 o'clock in the morning at St. Catherine's hospital in Omaha.

Mathilda Anna Ramsel was born in Plattsmouth, November 30, 1891, the daughter of Mr. and Mrs. Henry Kaufmann, and lived her entire life in this community. Her husband, Rudolph Ramsel, died March 3, 1932.

She is survived by two sisters, Mrs. W. F. Nolte of Mynard and Mrs. Ed Valley of Council Bluffs, Iowa, and one brother, John Kaufmann of Plattsmouth.

Funeral services will be held at the Sattler Funeral Home Saturday afternoon at 2 o'clock with Rev. E. J. Moritz of the St. Paul's Evangelical and Reformed church, officiating. Visiting hours will be from three to six Friday afternoon.

OPA Will Increase Price on Furniture

WASHINGTON, Nov. 29 (AP)—Alarmed at the "almost complete disappearance" of low and medium-priced furniture from the market, the OPA announced Thursday that it plans to increase manufacturers' ceiling prices as much as 20 per cent to encourage production.

Details of the proposed increases were disclosed by OPA representatives to members of the southern furniture manufacturers' association meeting today in Winston-Salem, N. C. and also made available here.

Airlines Plan Educational Job Throughout U. S.

WASHINGTON — Formation of a nationwide organization of commercial airline representatives to carry on educational activities in "grass roots" sections of the United States was announced here recently by Air Transport Association of America.

Dividing the United States into six divisions - chairmen and vice chairmen have been appointed in each state to supervise the educational work. Several hundred airline representatives have been selected to carry on the activities involved in any educational program.

The new airlines' organization was set up by a Special Committee on Governmental Regulation of which O. M. Mosier, Vice President of American Airlines, Inc., is Chairman. This Special Committee is a Sub-Committee of Air Transport Association's State Relations Department, of which Harry Meixell is Director.

Mr. Mosier also heads Division I of the new ATA unit. Other Chairmen of the Divisions (who also serve as members of the Special Committee on Governmental Regulation) are: E. Smythe Gambrell, General Counsel of Eastern Air Lines, Inc., Division II; Russell Cantwell, Executive Assistant of Transcontinental & Western Air, Inc., Division III; Robert M. Averill, Assistant to the President of Pennsylvania-Central Airlines, Division IV; A. E. Flann, Secretary of Northwest Airlines, Inc., Division V; and Hainer Hinshaw, Assistant to the President of United Air Lines, Inc., Division VI.

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