

## Green, Leafy Foods Are a "Must" for Home Gardens

For family health, the most important crops in the home vegetable garden are the greens, which nutritionists call the "green, leafy, vegetables," and recommend so highly as a source of vitamins.

Of these, spinach is not the chief, since its harvest ends with hot weather. But there are others which bear throughout the summer and produce, for the space they occupy, more food than other crops. Most widely grown are Swiss chard and New Zealand spinach.

Chard is an ancient vegetable, probably the first form of beet to be grown for food, while New Zealand spinach is relatively modern, having been discovered as a wild plant in New Zealand, where the natives did not eat it. It became popular in Britain long before its vitamin content was known. Its flavor resembles that of spinach.

It has large, hard seed, which some have difficulty growing; but grows well if sown in the early spring, as soon as the soil has been prepared. Seeds often live over winter and come up in the spring, and the plant is hardy in spite of a tropical origin. But it is easily overdone; since one plant fills a bushel basket, and when the tips of its leaves are cut off for use, new tips grow rapidly, and the plant continues until late in the fall.

Swiss chard should be used when the leaves are young, not over ten inches in height. Sown with the earliest crops, it will be ready to cut in a month, and new leaves will grow to replace those that are cut. Chard has a distinctive flavor which many prefer to spinach, and children usually like it better.

The mustard family provides several varieties of greens. One known as Tendergreen will produce edible leaves in 21 days from sowing, and if the roots are left undisturbed will produce eight or nine crops in the season. All the mustards are quick growing, and are much esteemed in the southern states.

Garden sorrel is a hardy perennial, which will live over winter and



A Single Plant of New Zealand Spinach.

produce greens. It does best in light shade.

Kale is a fall and winter plant. Sown in June, the plants set out in rows two feet apart, they will produce leaves which stand freezing, and are improved in flavor by that experience. Collards are a member of the cabbage family which do not make heads, but leaves with cabbage flavor.

All these varieties of greens are rich in minerals and vitamins, and are valuable in the diet. It is well for the home gardener to plant a small quantity of several kinds so that the family does not grow tired of greens. All produce a surprising quantity of food on small space

## REDUCE V. EIGHT WITH THE Dietrim PLAN

Safe! Quick! Easy! Without dangerous chemicals! No restriction! No dieting! Brand new easy-to-take capsules!

**\$2.49**

25-Day Supply

SCHREINER DRUG

## Legal Notices

A. L. Tidd, Attorney  
 NOTICE TO CREDITORS IN THE COUNTY OF CASS COUNTY, NEBRASKA

To the creditors of the estate of Neil Eugene Marvin deceased, No. 3913: Take notice that the time limit for the filing and presentation of claims against said estate is August 12th 1946; that a hearing will be had at the County Court room in Plattsmouth on August 16th 1946 at ten o'clock a.m. for the purpose of examining, hearing, allowing and adjusting all claims or objections duly filed.

Dated April 5th 1946.  
 PAUL E. FAUQUET,  
 County Judge.

**Farmers—**

**YOUR ORDERS**

for

**STANDARD HYBRID SEED CORN**

Are Ready—Come In Today

IF YOU HAVEN'T ORDERED WE HAVE SEED CORN ON HAND

**BROODER STOVES**

Coal or Electric

**PLENTY OF GARDEN SEED**

**SWATEK HARDWARE**

**Help Help Help!**

**Your BABY CHICKS**

Thousands of baby chicks were lost in 1945 from Coccidiosis, White Diarrhea and other diseases.

**PROTECT and FORTIFY**

Use

**Drinking RT Medicine**

**Buttermilk Water Semi-Solids**

Use in Any Container

Give your flock the same protection as your PRO-DUCE and HATCHERYMAN do in their batteries.

Ask Your Dealer

**PLATTSMOUTH CREAMERY**

Plattsmouth, Nebraska

**BRINK HATCHERY**

Plattsmouth, Nebraska

E. A. Dougherty and Sons Poultry Remedies Mfg.

all claims or objections duly filed. Dated April 5th 1946.  
 PAUL E. FAUQUET,  
 County Judge.

(Seal)  
 A. L. Tidd  
 No. 246 — Apr. 11, 18, 25

**Fouchek and Garnett, Attorneys**  
 NOTICE TO CREDITORS IN THE COUNTY OF CASS COUNTY, NEBRASKA

To the creditors of the estate of Anna B. Lillie deceased, No. 3907: Take notice that the time limit for the filing and presentation of claims against said estate is August 12th 1946; that a hearing will be had at the County Court room in Plattsmouth on August 16th 1946 at ten o'clock a.m. for the purpose of examining, hearing, allowing and adjusting all claims or objections duly filed.

Dated April 3rd, 1946.  
 PAUL E. FAUQUET,  
 County Judge.

(Seal)  
 Fouchek & Garnett  
 No. 245 — Apr. 11, 18, 25

**1946 PRIMARY ELECTION**

**NOTICE**

Notice is hereby given in accordance with a proclamation by the Governor of the State of Nebraska, that a Primary Election will be held in the several voting Precincts and Wards throughout Cass County, Nebraska, on Tuesday the 11th day of June, 1946, as provided by law, for the following purposes, to-wit:

The nomination by each political party of one candidate for United States Senator.

The nomination by each political party of one candidate for Nebraska Auditor of Public Accounts.

The nomination by each political party of one candidate for Nebraska State Treasurer.

The nomination by each political party of one candidate for Nebraska State Assessor.

The non-political nomination of two candidates for State Superintendent of Public Instruction.

The non-political nomination of two candidates for member of the Unicameral Legislature from the Third Legislative District.

The non-political nomination of candidates for members of the Board of Directors of the Eastern Nebraska Public Power District.

The non-political nomination of two candidates for County Superintendent of Public Instruction.

The nomination by each political party of candidates for the following county offices, to-wit:

Register of Deeds  
 Clerk of District Court  
 County Treasurer  
 County Sheriff  
 County Attorney  
 County Surveyor  
 County Assessor  
 County Commissioner, Second District  
 County Commissioner, Third District

The election by each of the political parties of Delegates and Alternates to the State and Congressional District Conventions.

The election by each of the political parties of Delegates from each precinct and ward to the County Convention.

The polls at said Primary Election will be open from 8 o'clock in the morning to 8 o'clock in the evening of the said same day.

In Witness Whereof, I have hereunto set my hand and affixed

the Seal of Cass County, Nebraska this 17th day of April, 1946, at Plattsmouth, Cass County, Nebraska.

George R. Sayles  
 County Clerk,  
 Cass County, Nebraska  
 No. 255 Apr 25

**YOUR FORD DEALER KNOWS BEST HOW TO KEEP YOUR**

**Ford**

**IN SHAPE FOR HIGHEST TRADE-IN PRICES ON YOUR NEXT CAR**

★ **BRING YOUR FORD "HOME" FOR SERVICE** ★

**Your Ford Dealer**

**YOUR FORD DEALER KNOWS BEST HOW TO KEEP YOUR**

**Ford**

**IN SHAPE FOR HIGHEST TRADE-IN PRICES ON YOUR NEXT CAR**

★ **BRING YOUR FORD "HOME" FOR SERVICE** ★

**Your Ford Dealer**

## Spring Flight

By WILLIAM MAIER

**THE STORY:** Gun-wise Debby Weeks of Cape Cod still acts like a tomboy at 19. Her sister Agnes warns her she'll never find a husband unless she changes her ways. Debby goes duck-shooting with Ellie, Bart and Joel despite bad weather. She and Joel occupy the same blind. When Ellie wants to take Joel to another spot for better shooting, he leaves Debby reluctantly.

BART had come over from the other blind, and for the first time in her life Debby felt awkward and self-conscious with Bart Wyman. And of course he had to ask right away, "How do you like Joel?"

She kept her head turned away from him, so he couldn't see her face, and her fists were working inside her mittens. "He's nice," she said.

Bart nodded. "Good guy. Good-hearted guy. I know. I lived with him for two years."

She squinted out at the Meadow. It was hard to see much through the scud that swept across the bay. She had watched them go, the bow of their boat pointing diagonally to windward, creeping half-crawly toward the Meadow under Ellie's short, monotonously rhythmic strokes. Then, dimly, she had seen them walking about, Ellie setting the decoys and Joel bailing the sink-box. And after a few minutes they had disappeared below the level of the grass, and it was hard to remember just where in the long unbroken line of meadow they were.

"Don't see that they're getting any more shooting than we are," said Bart.

It wasn't long, though, before they began to hear shooting from out on the Meadow. In the high wind the reports of the shots were surprisingly faint, a distant, muffled booming, but they came more and more often, and through the mist Debby could see Joel or Ellie running along the edge of the

marsh, or Ellie out in the boat, racing to pick up a bird before the tide or wind carried it away. "If that keeps up," said Bart, "they'll have their limits before noon."

Debby shook her head. "The tide will be driving them out of there any time now."

"That's right; so it will."

ELLIE was out in the boat again, down to the west of the Meadow. "He's going to have a tough row back against that wind," Bart said.

Debby nodded, watching Ellie, and suddenly there was a swish of wings over their heads and three ducks that had come from Debby's side swung low over the blind. The two of them shot together, at the tails of the disappearing birds, and again only one of the three dropped.

"Gosh, I'm sorry," Debby blew the smoke out of her barrel. "I was watchin' Ellie there."

Bart climbed out of the blind. "If they'd come from my side, I'd have missed them the same way," he said cheerfully. "I was watching them too."

Now that the tide was in, he had to use the boat to pick up the dead bird, and on his way in he reset one string of the decoys, towing it in nearer shore. When he got back to the beach, Debby was standing there waiting for him. "Look," she said, smiling incredulously, "Ellie's lost an oar or something."

Bart turned and stared. "Well, I'll be damned, Ellie, of all people!"

As they watched, he drifted rapidly out into the middle of the bay. Soon he was far to the west of the Meadow, a faint gray spot in the mist.

"This may not be so funny," Bart said.

Debby pushed the boat off and

tion guest of her uncle and aunt, Mr. and Mrs. C. C. Trotter.

Mr. and Mrs. Lucian Carper and children, Theodore Neldon and son, Myron, were Easter dinner guests of Mrs. Gertrude Carper and daughter, Mrs. Homer Crossman.

Mrs. H. L. Kuntz and daughter Orlah, spent three days in York, with relatives and with her father Alfred Swanson, who is very ill at the hospital there.

Mr. and Mrs. Lloyd August and children of Atcheson, Kan., were week end guests of his father, Will August.

Mrs. Charlotte Schomaker, Mr. and Mrs. John Eaton and Merlene spent Easter in Omaha at the home of Mr. and Mrs. John Dale and Dennie.

Mr. and Mrs. Chester Stone and children, Mr. and Mrs. Robert Jameson and children and Mr. and Mrs. Chas. Hall were Easter day guests of Mr. and Mrs. R. B. Stone.

**Nehawka**

Mrs. Pearl Kruger

Roger Harshman spent the week end in the country at the home of his uncle Wilmer Harshman.

Margaret Wademan of Nebraska City was a Saturday night and Sunday guest of her sister, Mrs. T. L. Nixon, and family.

Special music by a girls choir was enjoyed by a full attendance at the Easter service Sunday morning at the Methodist church.

Jo Ellen Nixon invited a group of girls to be home Sunday for an Easter Egg hunt. Each was to find the eggs which bore her name.

Mr. and Mrs. Wellman Nixon were guests of Mr. and Mrs. George Lopp at a fish dinner Sunday.

Bessie Murdoch and Alice Kruger were Sunday guests at the Troy Murdoch farm near Weeping Water.

Mrs. Nelson Berger, Miss Evelyn Wolph of Nehawka, Mrs. Henry Tool of Murdoch, Mrs. J. R. Eveland and Mrs. R. Kuehn of Elmwood and Miss Jessie Baldwin of Weeping Water drove to Lincoln Monday to enjoy luncheon and the day with Miss Mary Ellen Brown at her home.

Mrs. Albertina Ost was among the family group to enjoy Easter with Mr. and Mrs. Alfred Anderson in Omaha.

Phyllis Parker, teacher at Danbury, Iowa, was an Easter vaca-

**Nehawka**

Mrs. Pearl Kruger

Roger Harshman spent the week end in the country at the home of his uncle Wilmer Harshman.

Margaret Wademan of Nebraska City was a Saturday night and Sunday guest of her sister, Mrs. T. L. Nixon, and family.

Special music by a girls choir was enjoyed by a full attendance at the Easter service Sunday morning at the Methodist church.

Jo Ellen Nixon invited a group of girls to be home Sunday for an Easter Egg hunt. Each was to find the eggs which bore her name.

Mr. and Mrs. Wellman Nixon were guests of Mr. and Mrs. George Lopp at a fish dinner Sunday.

Bessie Murdoch and Alice Kruger were Sunday guests at the Troy Murdoch farm near Weeping Water.

Mrs. Nelson Berger, Miss Evelyn Wolph of Nehawka, Mrs. Henry Tool of Murdoch, Mrs. J. R. Eveland and Mrs. R. Kuehn of Elmwood and Miss Jessie Baldwin of Weeping Water drove to Lincoln Monday to enjoy luncheon and the day with Miss Mary Ellen Brown at her home.

Mrs. Albertina Ost was among the family group to enjoy Easter with Mr. and Mrs. Alfred Anderson in Omaha.

Phyllis Parker, teacher at Danbury, Iowa, was an Easter vaca-

**Fouchek & Garnett**

ATTORNEYS - AT - LAW

INSURANCE and BONDS

**ASK YOUR MERCHANT ABOUT RAY'S DELIVERY SERVICE**

2 Morning Deliveries  
 2 Afternoon Deliveries  
**Phone 592-J**

AFTER 3 YEARS IN SERVICE

**AL McCLANAHAN**

IS BACK AGAIN

At

**Conoco Service**

Corner 6th and Vine  
 Ready to Serve You

Gas  
 Oil  
 Greasing

Washing  
 Tire Repairing  
 Touraids

stopped in. "Glad you've got two pairs of oars," she said.

BART already had the boat turned around. Debby, sitting in the forward rower's seat, slipped her jacket off and picked up the other oars. Bart rowed like Ellie did and it was easy to keep stroke with him.

Suddenly Debby stopped rowing. "Bart!"

He didn't break the rhythmic of his stroking. "Yeah?"

"How about Joel?"

He looked at her over his shoulder, scowling, and she was leaning on her oars. "We got to go to the Meadow first," she said. "Look, I'll take us an hour to get back there from where Ellie's boat is, against that wind. And the tide will be covering the Meadow long before that."

Bart continued to go through the motions of rowing, without putting any power into it. "By God," he said after a moment, "I guess you're right."

He pointed the bow up to windward of the Meadow, and Debby could see he was pulling harder, and he was grunting as he applied the pressure to each stroke.

When they got to the Meadow Joel had the decoys in the sack, and he heaved them into the bow. The water was already up near his boot-tops.

Bart nosed the boat into the grass. "We'll wade around the Meadow and tow the boat," he said, and there was urgency in his voice. "Be quicker than rowing."

"That's what I figured," Debby said. She grabbed a handful of marsh grass, holding the boat in to shore.

Bart was clambering out over the side. "Then I'll drop you and Joel over on the mainland."

"Drop Joel," said Debby. "I'm going back with you." She climbed out after him.

"No sense in that," Bart said. He was up at the bow, towing the boat with the anchor-line, and she was wading between the boat and the shore, holding it off with her hand. "I'll have to give Ellie that pair of oars, so you'd just be dead weight coming back—and it's coming back that counts."

(To Be Continued)

Journal Want Ads For Results

**STYLE-TESTED\* COLORS**

*Bring New Wall Beauty*

**LOWE BROTHERS**

*Style-Tested PAINT COLORS*

Low Brothers STYLE-TESTED\* Paint Colors have been selected as a result of nationwide research which determines the colors preferred in home decoration today. They are in keeping with the latest color trends!

**Low Brothers**

One Coat Mello-Gloss Wall and Woodwork Finish

Mello-Gloss Wall Finish is STYLE-TESTED\* for greater home beauty! It is first choice for kitchens, bathrooms, sunrooms and rumpus rooms. Its lovely semi-gloss finish is easily cleaned and retains its beauty after repeated washings. Mello-Gloss covers so well that most surfaces are finished with just one coat. A minimum amount of Mello-Gloss assures a maximum of economy, beauty and durability.

**SCHRE'NER PHARMACY**

**Come In.. Now in Stock!**

# Firestone GROUND GRIP TIRES

**ONLY GROUND GRIPS GIVE YOU THE "CENTER BITE"**

**• CLEAN BETTER • PULL BETTER • LAST LONGER**

The "Center Bite" gives your tractor up to 16% more pull at the drawbar because the patented, connected tread design adds extra traction-bar length right in the heart of the pulling zone, where it counts most. There are no broken-bar, trash-catching pockets as in ordinary tires. Connected traction bars are stronger, too, because they're triple-braced. You get 40% longer tread life and 14% stronger cord body.

**3-IN-1 VALUE!**

Gallon of

**WALL-TONE ROLLER-PAINTER and WALL-TONE TRAY**

**DOVER WHITE**

**All Three! 2.79**

Wall-Tone goes on like magic... makes your walls beautiful. Just mix with water, pour in the handy tray and roll it on. Dries in an hour. Many lovely shades.

**A Regular 3.78 Value!**

Replace Old-Fashioned, Ineffective Lights

**Sealed Beam Adapter Kit**

Sealed Beam Lights practically double your vision... make night driving much safer. Simple and easy to install. Just remove old lens, reflector, bulb and insert new unit.

**4.95**

**Firestone HOUSE PAINT**

3.25 Gal.

Contains Titanium Dioxide, a quality ingredient which gives it uniform, lasting and brilliant whiteness. Two coats do the work of three.

**End-of-the-Month CLEARANCE**

**POULTRY COOP** Collapsible, was \$2.98, \$2.71

**Metal EGG CASES** were \$3.49, \$2.69  
 6 dozen size  
 12 dozen size, were \$3.98, \$3.16

**Electric Egg CANDLE** was \$1.49, \$1.30

**TOPPING SHEARS** were \$1.98, \$1.50

**RIFLE WEEDER** was \$3.75, \$2.73

Other Items Reduced for Close Out

**Door Chain Fasteners**  
**Hooks and Eyes**  
**Screw and Storm**  
**Door Hangers**

# WELSHIMER

FIRESTONE HOME AND AUTO SUPPLY