

Iris Gardens In Bloom

The finest of the Irises are now blooming in our gardens.

You are invited to see and enjoy them with us.

Schliefer Iris Gardens

Member of American Iris Society

One Mile Northwest of Manley, Nebr.

Cass County Extension Notes

Extension Office Closed May 31
 Inasmuch as Memorial Day is a legal holiday and falls on Sunday, May 30, the Cass County Extension Office will be closed all day, Monday, May 31, County War on Weeds Committee elected.

At an organization meeting held Tuesday evening May 11 at the Legion Hall, Weeping Water, the following persons were elected to the Cass County War on Weeds Committee: Clarence Norris, Ruben Grosser, Oscar Domingo, Weeping Water and C. D. Spangler, Murray. Other members of the board include L. A. Brends, County Superintendent of Schools; County Extension Agent Clarence Schmaderle, and one representative to be appointed by each of the County Commissioners and Cass Noxious Weed District.

Bud Amgwert, acting as temporary Chairman, presided and introduced speakers of the evening. Dr. McQuiddy from University Hospital, Omaha, presented a very enlightening illustrated talk on Hay Fever and Weeds which cause asthma and Hay Fever.

Protein Against Anemia
 Traditionally, the man at the head of the table eats the big steaks, has two eggs with him at breakfast and drinks full glasses of milk between meals. But the woman at the other end of the table often is more in need of these and other protein-rich foods.

Dr. Ruth Leverton of the Nebraska Experiment Station believes that women generally need to change their food habits and eat more protein in order to keep the hemoglobin of their blood

Nebraska CROP Head



BEATRICE — Dwight Dell, a farmer of near here, has been appointed state director of the Christian Rural Overseas program (CROP), through which gifts in kind from America's rural folk are shipped to the needy overseas.

CROP, sponsored by church groups and supported by many farm organizations, was responsible for the Abraham Lincoln Friendship trains. Other trains will undoubtedly be organized during the coming harvest season, Dell said.

Contributions to CROP are made through local churches everywhere. Distribution overseas is made through church channels solely on the basis of need.

at healthy levels. Observation of the eating habits of almost any group of women, she says, reveals that they eat small amounts of protein foods.

In nutritional anemia, the hemoglobin of the red cells of blood is low. The cause has been thought to be too little iron, but a long series of studies by Dr. Leverton indicates that it is more likely to be too little protein.

In 100 studies of college girls at the Nebraska Station (some were from Cass County including your local Home Agent), Dr. Leverton found that anemia was not consistently present in girls on diets low in iron but instead was related to the protein in their diets. The girls who had normal hemoglobin in spite of low iron intake were getting 60 grams of protein daily while those with low hemoglobin had only 45 grams of protein.

In another study, a group of anemic girls were given supplements to build up their blood. Some received iron tablets; others received extra protein in most dairy products or legumes. The girls who received the iron stored most of it in their bodies but still were anemic. The others who received extra protein food improved their hemoglobin levels. Those who improved most had an extra serving of meat daily in addition to their regular diet.

Other Nebraska studies of expectant mothers and women blood donors during the war also showed a direct relationship between the amount of protein in the daily meals and hemoglobin levels.

Many people in Cass County have heard Dr. Leverton speak and realize the wonderful work she is doing in human nutrition.

Rose-growing is a \$3,000,000 annual industry in East Texas.

Earl Allen Now In the U. S. Army

Earl L. Allen, 18, son of Charlie Allen of Plattsmouth, has enlisted in the regular army according to announcement made by the United States Army and United States Air Force recruiting station, 1516 Douglas Street, Omaha.

Young Allen enlisted in the regular army for a three-year period for service in the Corps of Engineers. He stated he was

enlisting in the Regular Army for the education benefits, travel, and security.

He completed his examinations and was sworn in at the Omaha Recruiting station.

It Happened in Kansas
COFFEYVILLE, Kan.—The name perhaps played no part in the result, but Bob Dry finished second in a high school free style swimming match here. The winner was Dick Stein.

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