Iris Gardens In Bloom

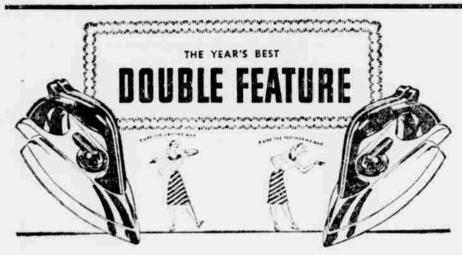
The finest of the Irises are now blooming in our gardens.

You are invited to see and enjoy them with us.

Schliefert Iris Gardens

Member of American Iris Society

One Mile Northwest of Manley, Nebr.



THE WESTINGHOUSE TWINS

Here they are . . . as like as peas in a pod; twins in appearance and ironing performance . . . but with one dramatic difference: The Lightweight, 4 pounds and the Featherweight, only 3 pounds. Now you have a choice in weight preference. So come in to select the Westinghouse Iron that best suits your personal needs.

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-PLATTSMOUTH, NEBR.-

Cass County Extension Notes

Extension Office Closed May 31 In as much as Memorial Day 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

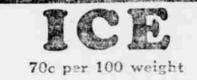
At an organization meeting held Tuesday evening May 11 at the Legion Hall, Weeping Water, the following persons were elected to the Cass County War on Weeds Committee: Clarence Nerris, Rueben Grosser, Oscar Domingo, Weeping Water and C. D. Spangler, Murray, Other members of the board include L. A. Behrends,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

Bud Amgwert, acting as tem porary Chairman, presided and introduced speakers of the eve nine Dr. McQuiddy from University Hospital, Omaha, prosented a very collightening 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 teaks, has two eggs with ham it breakfast and drinks tal 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

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

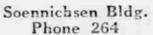


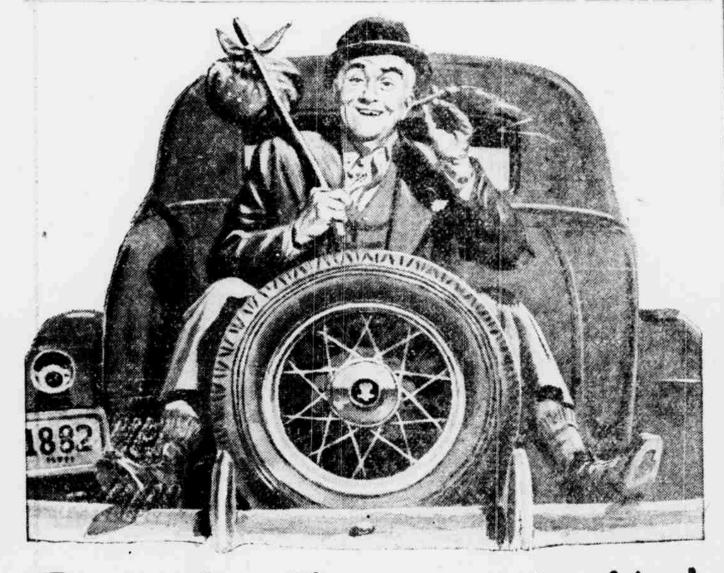
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Plattsmouth

Nebraska CROP Head



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 folks 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

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

In nutritional anemia, the he anglebin 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. Levicton indicates that it is more likely to be too little protein.

In 100 studies of college girls at the Nebruska Station (Some were from Cass County including your local Home Agent), Dr. Leverton found that anomia was ot consistently present in girls diets lew in fron but instead ow from intake were getting 60 grams of protein daily while mly 45 grams of protein.

In another study, a group of and an extra serving of meat daily in addition to their regular

Other Nebraska studies of exblood donors during the war also showed a direct relationship between the amount of protein in the daily meals and hemoglobin

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 innual industry in East Texas.

MOST popular beer! Premium Quality Becz.

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|Earl Allen Now In the U.S. Army

has enlisted in the regular army Recruiting station. according to announcement made y the United States army and United States Air Force recruiting station, 1516 Donelas Street.

of Engineers. He stated he was ner was Dick Stein.

and security

Earl L. Allen, 10, son of He completed his examinations Charles Allen of Plattsmouth, and was sworn in at the Gmaha

It Happened in Kansas

COFFEYVILLE, Kan (U.P)-The Young Allen enlisted in the the result, but Eob Dry finished egular army for a three year second in a high school free style period for service in the Corps swimming match here. The win-



enlisting in the Rogular Army for the education bone fits, travel,



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