

Poets Corner

Verse will appear in this space without charge. Name of writer must appear on copy submitted. Keep them short space will not permit lengthy poems.



It was finished, as you will recall,
 When Christ paid the debt, to free us all;
 They crucified Him on the old rugged cross,
 That we as sinners might not be lost.

The sun was darkened in sympathy and shame,
 That His disciples might not witness His pain.
 They withdrew the nails from His feet and hands,
 Removed the strong cords, and the bands.

They removed the thorn's crown too, we avow,
 And washed the blood-stains from His brow,
 Folded the hands that had off' revealed,
 His divine power within them concealed.

He cleansed the lepers, gave sight to the blind,
 Healing all diseases which affected mankind,
 Proving His divinity from time to time,
 That He was both Lord, and Saviour Divine.

They bore Him from the cross to the tomb,
 While they suffered in anguish and gloom,
 Not realizing, though they off' had been told,
 He would arise so soon, His glory to unfold.

His disciples were amazed when entering the tomb
 To find He had arisen, and departed so soon,
 To fulfill His mission in earth, and in Heaven,
 His ultimate goal, and our adopted haven.

Finally He ascended to His Heavenly Throne,
 To intercede for us, and provide us a home,
 Where we may rest from the cares of this life,
 The many sorrows, heart-aches and strife.

At last! we too shall join the Heavenly throng,
 While we shout hallelujah! in praise and song,
 To the name of our Redeemer, Saviour and King;
 And dwell with Him forever, and ever — Amen.

—JAMES H. GRAVES

Early April will be the time
 to be sure all old plant debris
 is cleaned away from the peony
 bed because it may be carrying
 the peony blight organism.
 As the shoots come through the
 ground, they should be sprayed
 thoroughly with Bordeaux mixture
 and about a week later a

second application should be
 made. It is advisable to soak the
 soil around the plants with the
 spray.

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Mrs. John Fischer
 Correspondent

OSC Club Elects New Officers

The O.S.C. club members met at Mrs. H. N. Erskine, Jr.'s home, last Thursday p.m. The election of officers resulted in electing president, Nora Kettelhut, secretary, Dorothy Stoll, treasurer, Maude Morton.

The senior class play will be presented on April 23rd at the schoolhouse.

Mrs. Moeller of Lincoln visited at the home of Coach and Mrs. Wm. Reece last Thursday. The former is the mother of Mrs. Reece.

Mr. Geo. Becker of Arthur, Nebr., visited his sister and husband, the Chas. Frohlich's, a few days last week.

Music Festival Presented Tuesday

The music festival was presented Tuesday evening at the schoolhouse. A style show was one of the features conducted by the Mrs. McReynolds Home Ec. class, modeling the wearing apparel each designed and completed by each student. The music contestants very ably rendered their recent contest solos including Joyce Walker, Janice Frohlich, Myrna Richards, Kay Marie Swartz, Lois Erskine, Gary Earl and Bob Walker. The Madrigal sextette, eleven club and clarinet quartette were among the entries and very much enjoyed by those in attendance.

Mr. and Mrs. Aletha Tyson Pettersen and family of Wheatridge, Colo., visited at the home of her sister and husband, the Elmer Frohlich's Friday, enroute home after enjoying a trip to the southern states.

Mrs. Wilma Lazier and daughter of California, visited last week-end at the H. D. Fischer home while Mr. Lazier remained in South Dakota visiting his parents.

Mr. and Mrs. John Fischer and Kathy visited at the O. L. Fischer home at Wymore, Nebr., Sunday.

Mr. and Mrs. Orill Allen of Lincoln called at the Laura West home Sunday p.m.

Mrs. Howard Root, Dianne and Stanley visited at the Henry Knaup home at Murdock, Nebr., Saturday.

Chaplain Assigned To German Post

Chaplain and Mrs. Ernest Metzger and daughter, Christi of Chicago Great Lakes Naval Station, visited at the Jess Wall home last week-end during the former's leave prior to his being assigned to military duty in Germany. He left for New York City Wednesday a.m. Mrs. Metzger will remain at Eagle until the Chaplain gets settled with his special assignment.

The Jess Wall family, Paul B. John's of Alvo, Arthur Thomson's of Palmyra, Nebr., and Chaplain and Mrs. Ernest Metzger's of Great Lakes, U. S. N., enjoyed a family dinner at the Harvey Wall home at Lincoln, Sunday.

Gary Thomson, son of Mr. and Mrs. Arthur Thomson, delivered the sermon at the Eagle Methodist church Sunday a.m. He is a freshman at Nebraska Wesleyan University. The regular pastor, Victor Dye, a senior student, underwent an appendectomy on last Thursday. He is recovering very satisfactorily and plans to be back next Sunday for the Easter services. On Friday evening, the communion service will be conducted at the church at 8 o'clock.

Election Results Are Disclosed

The election results on last Tuesday at Eagle were as follows: School board, Morris Muenchan and Forrest Hardnock received the majority of votes, and on town board, Morris Muenchan and Howard Root. Those serving on the election board were Mr. August Schwegman, Mesdames Lloyd Richards, John Fischer, Arthur Adams and Don Schmidt.

Mr. and Mrs. Orin Lanniur and Mr. and Mrs. Elmer Frohlich were supper guests of Mr. and Mrs. Roy Vickers at Fairmont, Nebr., Sunday evening and enroute home, stopped at Friend, Nebr., and brought Betty Jo Frohlich home with them, the latter having spent the week-end with friends Carolyn Rohrlig and Pat Amus of Friend, Nebr. All are students of Nebraska Wesleyan University.

Mr. and Mrs. Chas. Frohlich and Mr. Becker of Arthur, Nebr., visited the Jack Whites and Mrs. Ellen Becker at Bethany, Nebr., Friday evening.

--- Extension --- Notes

Shopping for the Family's Food In shopping for the family's food it is not enough to know the price of the foods offered in the market, and whether or not they are relatively low cost or expensive; it is also important to know the value of these foods in meeting the family's nutritional needs.

Protein foods are always high on the shopping list, for proteins are essential for good nutrition. An animal protein should be supplied for each meal—including breakfast. This means that meat, poultry, fish, eggs, and cheese are the foods around which most meals are planned.

Milk makes many contributions to the diet. The nutrient which makes it a "must" on the shoppers list is calcium. Unless adequate amounts of milk are used every day it is almost impossible to supply the required amount of this essential mineral. The recommended amounts are a quart of milk for each child, at least a pint for each adult. This can be supplied as fresh milk, skim milk, evaporated or dried milk. It can be used as a beverage or in cooking.

Green or yellow vegetables are particularly good as sources of Vitamin A, although they supply other nutrients as well. A wise food shopper will provide a green or yellow vegetable for every day—the best buys will be those that are in season and plentiful. At this season there is a wide variety of cooking greens to choose from. Green cabbage and green celery supply small amounts of Vitamin A but

white cabbage and bleached celery supply practically none. Carrots, sweet potatoes, yellow squash, pumpkin, and yellow melon are important sources of Vitamin A at various times of the year. At present carrots are one of the best buys among these yellow vegetables.

The citrus fruits are a year round standby as a source of Vitamin C. Tomato, fresh cabbage, strawberries and cantaloupe are seasonally excellent, low-cost sources of this vitamin, but the citrus fruits and citrus fruit juices—fresh, canned and frozen—are available the year around. The food shopper should provide a serving for every member of the family every day. One medium size orange, a half medium sized grapefruit, or a half cup of juice is considered a serving.

Other vegetables and fruits supply vitamins and minerals in varying amounts and add variety to meal planning. Potatoes, because of the quantity eaten, are often an important source of Vitamin C.

Breakfast cereals and breads, if these are whole grain or enriched products, supply important amount as B-vitamins and

minerals. They also supply carbohydrate and protein. The carbohydrate is utilized for energy, the protein, if eaten with animal protein, is useful in body building.

Fats, sugars, and starches are primarily energy producing foods. Table fats—butter and fortified margarine—supply Vitamins A and D, but pure lard and oils, refined sugars, and starch cannot be counted on to supply either body building or body regulating substances. Their contribution to the diet is measured almost exclusively in calories.

In shopping for the family's food it is important to buy the foods needed for good nutrition. Old and young need the same nutrients although, because of size and activity, some may need different amounts than others. Everyone needs food for energy; material for building and repair of body tissues; and substances for regulating body processes. This fact must be kept in mind in meal planning and in making up the shopping list.

Pearl L. Schultz,
 Home Extension Agent

A classified Ad in The Journal costs as little as 35 cents

CASS COUNTY FEEDLOT TOUR APRIL 24

Wm. Minford, Chairman of Cass County Livestock Feeders Ass'n., announced the date of the Annual Cass County Feedlot Tour for Saturday, April 24. The tour usually brings on a rain. Right now, looks like the date should be pushed ahead a way. There has been a lot of good soil carried by the winds. A good rain would remedy that situation.

The tour is scheduled on a Saturday for convenience of 4-H Club groups and the market interests.

11TH LAMB AND WOOL SHOW

June 3, is the official date for the 11th Lamb and Wool Show. Early lamb producers should mark this date on their calendars. Flock owners may want to select top fleeces from their spring clip and enter them in the wool show.

The show is held at the Union Stockyards in Omaha.

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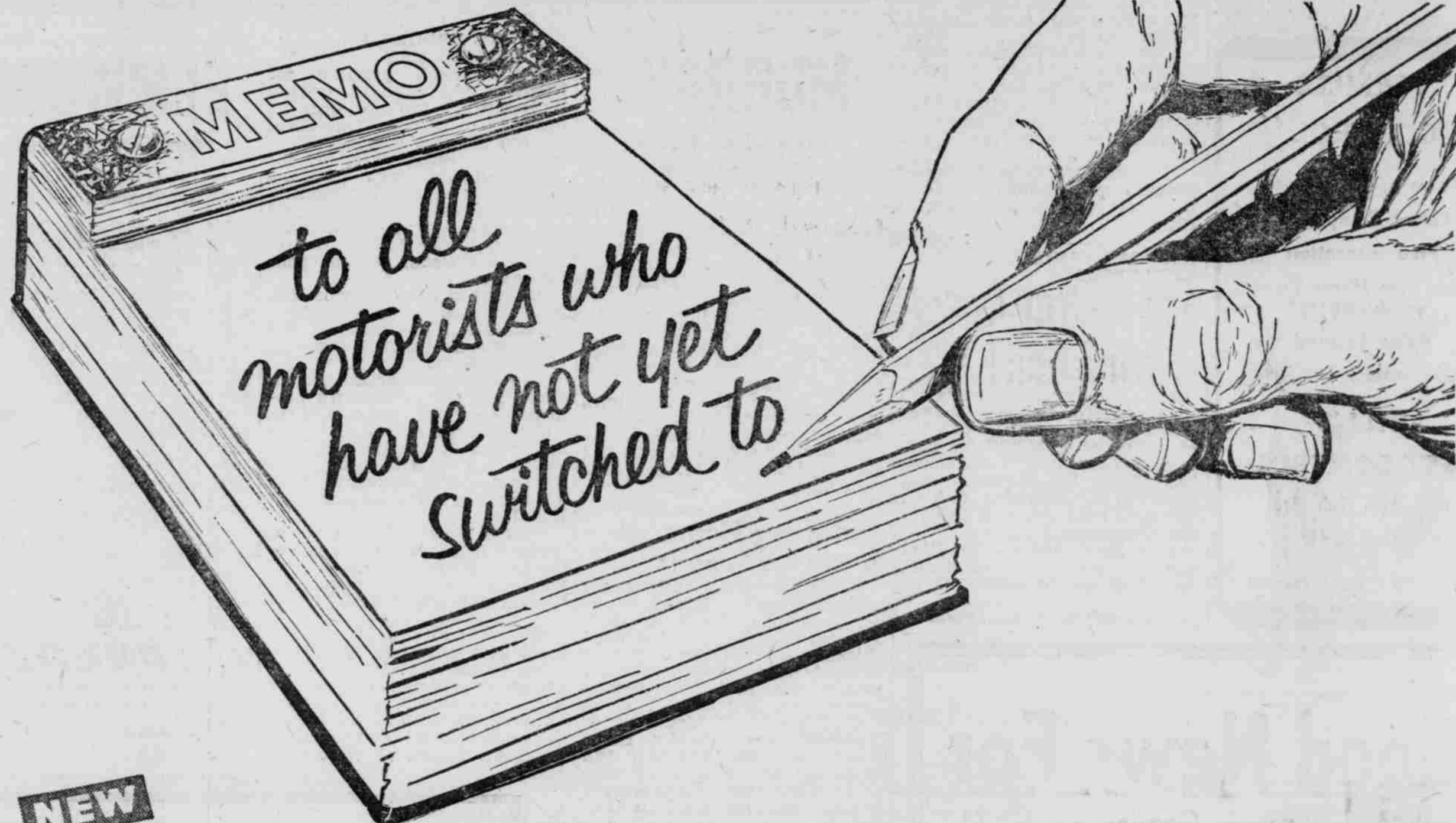
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