

### Millions Need More Milk in Daily Diets

Millions of individuals are not using enough milk to supply their daily need for calcium because they do not appreciate the value of this nutrient.

Kathryn Cooley, extension food and nutrition specialist at the University of Nebraska, recommends a quart of milk every day for each child and at least a pint for each adult. Since milk supplies protein, fat, several vitamins and minerals as well as calcium, it is an essential food for persons of all ages. Calcium is the nutrient supplied by milk that is least likely to be provided by other foods. About 2 per cent of the average weight of the body is calcium. The greatest portion of this is in the bones and teeth but it also is present in all body fluids and cells. Milk is necessary for the proper functioning of the nervous system, the muscles and certain enzyme systems.

The specialist tells us that one quart of milk per day furnishes the entire amount of calcium needed by the body daily. In addition it will supply about 87 per cent of the needed riboflavin, 50 per cent of the protein and about 30 per cent of the vitamins A and B1.

Adults are less likely to use the recommended amounts of milk than children. Women use less than men and teenagers. Older women use less than younger women.

Some women do not use enough milk because they consider it "fattening." No food is fattening until the total calories eaten and absorbed exceed the total needs of the body for calories. By using skim milk a person could have all the calcium and other nutrients of milk (except the fat and vitamins associated with fat) yet have relatively few calories. One cup of whole milk provides

### Plattsmouth Library Notes

The public library has been the recipient of a number of very fine books in the past few days: "Stories That Never Grow Old," edited by Watty Piper, a very lovely book of stories for children, given by the Plattsmouth Writers' Club, in memory of Andrew Floyd Collins, infant son of Dr. and Mrs. Jerry Collins.

"Natural History of Mammals," by F. Bourliere, a splendid nature book for adults, given by Mr. and Mrs. Joseph Willes in memory of the late Fritz Pricke.

"Away All Boats," by Kenneth Dodson given by the Plattsmouth garden club, this is a story of Saipan during second World War.

"Christmas," the Christmas story as recorded in the Gospels of St. Luke and St. Matthew, beautifully illustrated by Gustav Krochman, this in memory of the late Mrs. Etta Gardner and presented by Mr. and Mrs. Roy Wm. Knorr Jr.

"The Cross and the Crown," by Norman Beasley the history of "Christian Science" presented to the library by Plattsmouth Christian Science Society.

The Christian Science Monitor is an international daily paper one of the very best in international affairs, with a splendid weekly review of the new books, this is a gift of Mrs. Elbert Willes.

These books are most gratefully appreciated, and show the continued interest in our public library.

about 166 calories while the same amount of skim milk contains only 87 calories.

Cass County's  
 Greatest Newspaper  
 The Plattsmouth Journal

## Talk of the Town

Mr. and Mrs. Walt Gleason returned Wednesday from a few days visit in York, Nebr.

Mr. and Mrs. Harry Pien are in Kansas City, Mo. on a shopping trip.

Frank and Albert Schulzke of Omaha were here this week to look after business matters and visiting friends.

Mr. I. James Hall has returned from Clarkson hospital and is convalescing at Riverview Nursing Home at 6th St. and Avenue F. Plattsmouth. His brother-in-law and sister, Mr. and Mrs. M. M. Soule of Evanston, Illinois, have been visiting with him since Tuesday.

Mrs. Edith Hall of Covena, Calif. is a house guest at the home of Mrs. George Hall and Mildred.

Mrs. Celestia Kauffman of Cozad, Nebr. was a guest Monday at the home of Mr. and Mrs. Fred Vincent.

Christmas party of the Plattsmouth Junior Women's club will be Monday, December 13, at the Lions club building.

Some of those seen in the cheering section at Plattsmouth-Valley basketball game were: Mr. and Mrs. Theo. Ptak, Mr. and Mrs. A. Huebner, Orville Nielsen, Bob Valley, Henry Hill, John Hill, Mr. and Mrs. Arthur Weiss, Mr. and Mrs. Ed Egenberger, Mrs. Perry Dingman, Jack Valley, Mr. and Mrs. Chet Willes, Mr. and Mrs. Mel Todd, John Svoboda and Mr. and Mrs. E. A. Ernst.

### Alvo Women's Society Met Last Wednesday

The Woman's Society of Christian Service met at the church basement Wednesday, Dec. 8.

Mrs. John Knapp, president presiding, Mrs. Karl Suttner was in charge of the program and Mrs. A. B. Stroemer led the devotional service.

Mrs. Marion Kellogg gave the Missionary Minutes. Mrs. Jay Hanway gave the report of the study course which 12 members had just completed.

Each member brought a Christmas gift for a child in the Navajo's Indian Mission school, Monday.

Willard Gunsolly, T. E. 3, arrived home Tuesday from California for a visit with his parents, Mr. and Mrs. Frank Gunsolly, other relatives and friends. T. E. 3 G. asolly will be here until the 30th of December.

Merle E. Dasher, son of Mr. and Mrs. George Dasher, arrived home Monday from San Francisco where he was discharged from the armed services on Friday. He has completed his two years in the army, receiving his basic training at Fort Bliss, Texas, he has spent the greater part of his service at the Presidio at San Francisco, historic west coast army base.

Week end guest of Mr. and Mrs. Fred Feldhausen was Mrs. Frank Lempke of Tecumseh.

Sunday dinner guests at the home of Mrs. Eva Kerns were Mr. and Mrs. Percy Wilson, Butch and Terry of Council Bluffs, Iowa, Shirley Eledge, Donald Bocock, Paul Lache and Joyce Ann Kerns.

Mrs. A. J. Leadabrand of Greenwood was here on business.

### New North Carolina Senator Gets Big Welcome to Capital



OH, MAN—Fitted for coed or career girl, man-tailored shirts of combed cotton are offered this season in multicolor or charcoal-gray stripe, or may be had in other designs.

By HARRY S. DENT  
 Plattsmouth Journal  
 Washington Correspondent

WASHINGTON, Dec. 9 — Miss Mary, the demure little wife of North Carolina's new junior senator, W. Kerr Scott, wore pink for the first time in her life the other day when her husband was sworn into office on the floor of the U. S. Senate.

It was also the first time any woman received a mink as soon as she reached Washington, which in the past has been noted as a rather mink-minded city.

She received the mink at a special reception in the Senate Caucus Room after her husband took the oath of office. It was presented to her by T. Clyde Auman, who said it was caught and processed by Mrs. R. B. Jarvis of nearby Carthage, N. C.

Scott also received a royal welcome to the nation's capitol, as his wife did. Stokes County, N. C., ham to be used as soon as a representative of the approximately 1,000 Tarheels who traveled to Washington to see their hero sworn in rightly.

The ham and eggs were supposed to be cooked on the Capitol steps but a hot plate was used on the inside because ground rules prohibit any such demonstration on the steps or grounds.

In addition to all this, the Haw River native was also presented with a "special citizenship award" for the "honor he has reflected on his home county of Alamance."

Scott, who defeated Senator Alton Lennon for his new job, was probably given the biggest reception ever accorded "any newly elected senator."

During the swearing in ceremonies, the packed galleries of North Carolina well-wishers applauded every time a senator came up to shake hands with the Tarheel legislator. And as soon as Scott left the floor to attend to a matter outside the chamber, practically the entire gallery of spectators filed out.

As far as they were concerned, the Senate simply was not in session when their senator was off the floor, regardless of whether anybody else was there or not.

**KEY FOUND: HOTEL GONE** — ISHPeming, MICH. — A hotel key was received at the post office recently, mailed by some forgetful guest. The tag was marked "Room 16, Nelson House." The only trouble about the whole matter is that the Nelson House was destroyed by fire in 1929.

Wages for German employees in U. S. Army Ordnance Rebuild shops in Germany average from 37 to 45 cents an hour for craftsmen to \$110 a month for salaried workers. They work a five day, 48-hour week.

### Legislative SIDELIGHTS ..

by BERNIE CAMP  
 Information Director  
 Nebraska Farm Bureau  
 Federation

"Spread" is a word of the economist. It means the difference (spread) between the price the farmer receives for his commodities and the price consumer pays for the processed product.

When an economist speaks of spread between the farmer's share and the consumer's cost, he refers to marketing costs, which covers expenditures for all the processes and services between the harvest and the homemaker's table.

Spread is a modern mass-production, mass-distribution term. Grandfather slaughtered his own hog and took his wheat to the grist mill to grind it into flour. He was not concerned with spread, because there was none. Spread increased in importance as America grew and developed, as the economy of the United States shifted from an agricultural to an industrial pattern, with large cities and a created need for processing, packaging, transportation and distribution of food stuff. As our economy increased in complexity, so too did the processing and distribution of food increase in complexity, with a corresponding expansion in the importance of spread.

This matter of difference between the price received by the farmer and the price paid by the consumer involves a highly complex series of "tinker-to-evers-to-chance" operations which give employment to thousands of city dwellers.

The homemaker pays not alone for the cost of the food when she buys it. She pays for the cost of moving the commodity from the farm to the terminal market, from the terminal market to the processor, from the processor to the wholesaler, from the wholesaler to the retailer. Those costs include the costs of operating trucks; paying railroad transportation where necessary; wages and salaries for people who live by the food distribution industry; rent and depreciation on business structures; taxes on local, state and federal governments.

Currently farmers are receiving on the average about 45 cents of each food dollar spent by consumers. The spread between what the farmer receives and what the consumer pays is then 55 cents. Twenty-seven and one-half cents of the food dollar goes for wages and salaries in the food industry; six and one-half cents for transportation; four cents for taxes on the profits of manufacturers and distributors (direct taxes); three cents for profits of manufacturers and distributors; and 14 cents for all other food distribution expenses—electricity, telephone, heat, advertising, building upkeep, etc.

The four cents of each consumer dollar credited to taxes is misleading. The four cents is for federal income (direct) taxes. Actually, about 20 cents out of the average food dollar can be fairly considered as going to pay taxes (largely indirect) to local, state and federal governments.

Spread is the item in the cost of food the farmer can do nothing about, even if he is often blamed for it, because it takes place after he has sold to the initial buyer.

Every citizen knows that the Statue of Liberty in New York harbor holds a torch in her upraised right hand. But not many know what her left hand holds—the Declaration of Independence—or what lies at her feet—the broken chains of tyranny.

### Use Vacuum On Wood Floor Every Day

Why not use a vacuum cleaner for bare floors—daily? Clara Leopold, extension home management specialist at the University of Nebraska says it's a good idea.

Dust and dirt don't detour, she says. They're like rain. They fall impartially on everything. It's not surprising then to find that wood flooring specialists say that daily removal of dust and dirt is one of the basic points of good maintenance.

Daily care is sensible, says the specialist, because floors and floor coverings get the hardest kind of wear. People wouldn't think of walking on sofas or beds or stepping from chair to chair. Floors take all kinds of treatment—though—walking on them and grinding the dust and dirt into them. Take care to keep all dust and dirt possible off your gleaming floors.

For all such cleaning, the vacuum cleaner is the efficient, thorough, simple method. This is true, no matter what the floor or floor surface. The vacuum cleaner takes it off each one.

Go over much-traveled areas every day if you possibly can. This means entry-ways, "paths" from one room to another, a hallway everyone uses. Give all floors a thorough cleaning with your "vac" at least once a week.

You'll notice a great difference and you'll be pleased about it, if you are not using your "vac" that thoroughly now.

Clean scatter-rugs with your vacuum cleaner too. Many women shake them. This is not good, for the rug or the woman! Try to keep your vacuum cleaner and all its tools and attachments stored handiest to where you use it the most. And remember to use all those tools and attachments.

They can do you—and your house—worlds of good.

### Elmwood RNA Hold December Meeting

The December meeting of Maple Leaf camp, Royal Neighbors of America at Elmwood, was at the home of Mabel Ebelier, with 16 members present.

Mary Phillips, Oracle, presided. Neighbor Lucy Lyle, now living in Lincoln, met with us again. A final tribute was given to our late Supreme Oracle, Frances L. Torkelson by passing a resolution of sympathy, and draping our charter for a period of 30 days. Mrs. Torkelson and her husband Torkel A. Torkelson were fatally injured in an automobile accident near Little Rock, Ark., Nov. 14.

Annual election of officers of our camp for the coming year resulted in the re-election of Oracle, Mary Phillips; Vice-Oracle, Mabel Ebelier; Recorder, Mina Leavitt; Inner Sentinel, Dorothy Wilhelm; Outer Sentinel, Aurilla Geyer; Physician, Dr. O. E. Liston; Manager Lucy Stege. Other officers were Past Oracle, Ruby Brinton, Receiver, Emily Gonsales, Chancellor, Nettie Mendenhall, Marshal, Ethel Hier, Manager, Gladys Preston, and Physician, Dr. Glen Knosp. The installation of these and appointive officers will be held in January.

Recorder Mina Leavitt reported on the R. N. A. School of Instructions Nov. 16 at Lincoln. This was under the instruction of our Supreme Recorder, Miss Margaret Walker of Rock Island, Ill. The instructions were confined to the work of the Camp Recorder. Neighbor Mina T. Leavitt reported having the honor bestowed upon her by Supreme Recorder presenting her with a 50 year continuous membership pin.

Oracle Mary Phillips closed the meeting and a Christmas party was held with exchange of gifts of secret neighbor. Refreshments were served by hostess, assisted by Dorothy Wilhelm.



ELLIS ISLAND'S LAST "EMIGRANT" — Waving goodbye to his place of work for 30 years, this unidentified Immigration Service employe is one of the last "emigrants" from Ellis Island, 62-year-old gateway to the United States for over 20,000,000 European immigrants. Streamlined processing of immigrants abroad and while en route to the U. S. has made possible closing of the station at an estimated saving of \$1,300,000 a year.

### LaSalle Oats Not State-Approved

In answer to the many farmer inquiries, C. R. Porter, secretary-manager of the Nebraska crop improvement association points out that LaSalle oats have not been recommended by the Nebraska agricultural experiment station.

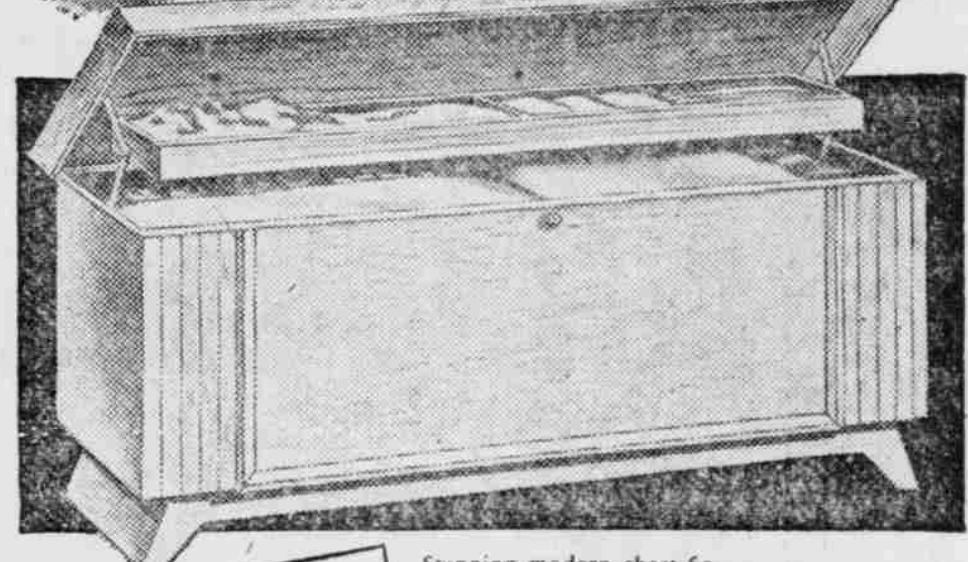
In fact, three recommended varieties, Mo. 0-205, Nemaha and Andrew, exceeded LaSalle in yield tests conducted over a four-year period. LaSalle also had a lower test weight. In

1953 at 16 experiment stations in the north central region, LaSalle ranked below 32 other varieties tested. There were 40 entries in the test. In this test LaSalle yielded 55.5 bushels per acre as compared to 69 bushels for Mo. 0-205 and 68 bushels for Andrew.

Since the Nebraska experiment station has not recommended LaSalle oats, this variety is not eligible for certification in Nebraska.

The Army has an authorized ratio of three physicians per 1,000 soldiers.

### FOR THE HAPPIEST Christmas EVER!



Stunning modern chest finished in blond oak.  
 Real value at \$49.95  
 AS ADVERTISED IN LIFE  
 ONE GARMENT SAVED FROM MOTHS PAYS FOR A LANE!

### HIATT FURNITURE CO.

126 So. 6 Dial 3110

Subscribe to The Journal NOW!

### How YOU Can Help Promote "S-D (Safe Driving Day)"

DECEMBER 15, 1954

YOU Can Have An Accident Free Day

- A. Keep Your Eyes on the Road
- B. Keep Hands on the Wheel
- C. Keep Your Mind on Your Driving

The Life You Save Might Be Your Own  
 MFA MUTUAL INSURANCE COMPANY

Daniel Woods, Agent  
 316 Chicago Ave. Phone 6208 Plattsmouth

### Quick Action Necessary to Protect Stove

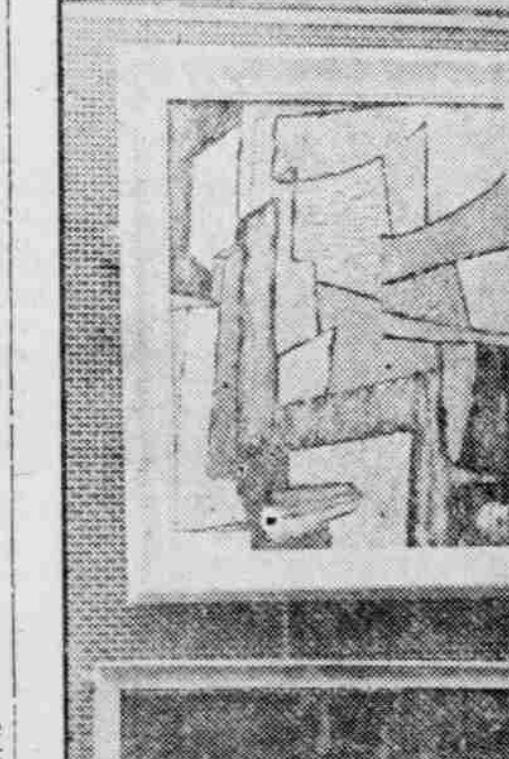
Quick action is important when you spill something on that gleaming white range, says Harriet Brigham, extension housing and equipment specialist at the University of Nebraska.

If you accidentally spill something on your range when it is hot, use a dry cloth or paper towel to wipe it off. Use a damp cloth if the enamel is cool. This small precaution will protect the finish.

Your range will stay new looking longer if you avoid pulling pans across the enamel surface and of course, avoid dropping things on it. Careful cleaning periodically is important. Wash the reflector pans under the units and the drip pans as you would any kitchen utensil. You can use fine steel wool, whitening or other mild abrasive to remove spots. Ammonia can be used to remove the baked on spots.

Seventeen German bakers in Munich produce 10,000 loaves of bread a day for U.S. Army forces.

—Journal Want Ads Pay—



NATIONS ARE UNITED — ON CANVAS — Often-dissenting members of the United Nations are tied together by the artist's composition in this canvas, "The United Nations." Its creator, UN guide Claudia Andujar, adjusts its placement in the United Nations Art Exhibit, currently on display at UN headquarters.

### COTNER BUS LINE SCHEDULE

RIDE INSURED  
 Lv. Plattsmouth... 6:20 A. M. 8:20 A. M. 1:00 P. M.  
 Lv. Omaha... 7:10 A. M. 11:30 A. M. 5:15 P. M.

Following Special Mondays and Thursdays Only  
 'Til Christmas  
 Lv. Plattsmouth 6:30 P. M. — Lv. Omaha 9:00 P. M.

No Bus Service Sundays or Major Holidays  
 Commuters Tickets — 12 Rides \$5.00

Choose Christmas cards from a Complete selection now!

Here they are! A spectacular array of some of the brightest, most beautiful Christmas cards ever to come upon the Yuletide scene. Come in and browse through our assortment... the selection is so complete, it's easy to find the "just-right" card for everyone.

Personalize Your Cards  
 Give them an individual touch—your name handily printed on each fine card you send when purchased at The Journal.

The Plattsmouth Journal  
 Printers — Office Supplies  
 Phone 241 410 Main St.