

'n That

Clarence Schmadeke. County Agent Pearl Schultz,

SUDAN GRASS KEEPS PRODUCTION UP

Sudan grass pasture can help keep dairy herd's milk production up during summer droughts when blue grass and bromegrass production go down.

Agronomists at the University drilled in at the rate of 15 to 20 pounds per acre.

They point out that sudan ity grain are: cleaning and grass is drouth-resistant and spraying bins, rat control, grain Poultry (lean), 4 ounces, 22 thrives in the hottest weather. fumigation, Grain that goes in points; Fish (lean) 4 ounces, its succulent forage is relished a bin dry is less apt to become by livestock.

To make thick, cow-filling growth, sudan needs plenty of Extension Agent. plant nutrients. The agronomists recommend adding a fert- FREEZER PACKAGING lizer carrying nitrogen, and also phosphate if needed.

ronomists, to keep the stock off moisture-vapor resistant mater- projects. sudan pasture until it is about ial. Pack food tightly into cona dark green color. That is a air in the package. precaution against prussic acid

Experimental work at the Neably lower in prussic acid content than Texas Sweet.

Sudan grass can be grazed rel- ing time. atively hard, and it lends itself well to rotation grazing.



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HARDWARE

Home Agent process of foods for human consumption. Yes, you guessed it, its going to be the producer who pays the bill of weevil infested cereal, 1 cup, 4 points; Peanut and dirty grain is marketed. Its butter, 1 tablespoon, 5 points; going to be a program where Peanuts, 10 kernels, 2 quality will be recognized. You Milk (whole), 1 cup, 8 points; of Nebraska say that seeding are going to hear more and Milk (skimmed), 1 cup, 8 points; made up to July first can be ex- more about this program. Hope pected to give good returns. The this warning will help to head seed should be broadcast or off a disappointment when you cheese (cottage), 5 tablespoons, ures to help insure higher qual-

> infested with weevil. Clarence Schmadeke, County

The way food is wrapped or Two or three different seeding great difference in how success- of protein daily. Women (redates may be desirable, so the ful it is as a frozen product gardless of activity) need 60 first batch of pasture may be and how well it holds its qual- points of protein daily grazed down before the second ity. For those who are preparing is ready. On average soils, sudan cooked foods for freezing, we 4-H Judging Day June 21 grass will carry two full-grown offer the following suggestions. cows per acre for two or three | Cool the food rapidly and as nomics clubs have been organsoon as cool put it into contain- ized in Cass County this year It's a good idea, says the ag- ers of moisture-vapor proof or with a total of 531 Home Ec

In quart containers the food may be separated into two or three layers by a double thickbraska Agricultural Experiment ness of water-resistant material Station shows that Piper and such as cellophane between the Wheeler varieties are consider- layers. This makes it possible to held in the following divisions: separate the frozen block of food easily to shorten the heat-

Choose a container of a size that holds only enough for one meal for your family. Quart con-The Pure Food and Drug Ad-ministration is demanding that pints hold 2 to 3 servings. Use cleaner grains be used for the only containers with wide- Concrative Digestion mouth opening so the food does not have to be thawed com-

Many cooked foods are semiliquid and these are best packaged in rigid containers made of moisture-vapor proof materials such as aluminum, glass pottery, plastic, plain or enameled tin, or moisture-vapor resistant material such as heavily waxed cardboard. Some prepared foods, like meat pies, may be frozen in the containers in which they are baked ready for reheating at the time of using.

KEROSENE CUTS SOAP SCUM QUICKLY

The scum that forms on lavatories and bathtubs when soap is used with hard water may be removed easily and quickly by wiping the surface with a cloth moistened with a few drops of

Meals for the Middle Years-Protein At Every Meal

The protein in every cell of the body must be replaced in older, just as in younger, persons. A liberal amount of highquality protein from milk, when you buy from your Skelgas cheese, eggs, fish, and meat Dealer. That goes not only for the should be provided in the diets gas itself-it goes for service too. of all age groups. It would be Enjoy the feeling of confidence and ideal if at least one of these security that is yours when you foods were served at every meal, use Skelgas and Skelgas home with liver and fish each served once a week. In addition to milk, there should be included everyday two or more servings

of protein food. There was an old-fashioned notion that people needed less protein as they grew older. Modern science has proved that protein and the B vitamins actually delay aging. Since meats are excellent sources of both protein and B vitamins, they should be included in some form in the

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diets of old and young. Today's infants are receiving strained, then scraped, then chopped meats. No doubt, oldsters should follow the same schedule, perhaps in reverse order. The following protein pointer" score has proved helpful to many homemakers in making sure their daily protein quota was met: (Points in average) serving): Most fruits, 1 point; Most

vegatables, 2 points; Potato, 1 large, 3 points; Beans, one-half cup cooked, 8 points, Peas, one-half cup cooked, 4 points; Bread 1 slice, 2 points; Cooked cereal, three-fourths cup, 4 points; Ready-to-eat corn cereal, 1 cup. Cheese (American), 1 18 inch market your grain. A few meas- 19 points; Ice cream, one-half cup, 2 points; Egg, 6 points; Meat (lean) 4 ounces, 22 points;

points. Protein needs vary with size and with rapidity of growth. Active persons need no more protein food than inactive ones of the same size. Men (regardpackaged for freezing makes a less of activity) need 70 points

15 points; Frankfurter, (1), 8

NEWS NOTES Thirty-Six 4-H Home Eco-

Twenty-seven 4-H Agricultur-18 inches high and has taken on tainer to reduce the amount of al clubs were organized with a

total of 365 projects. Our first sub-district meeting for the summer will be a 4-H judging training day at Lincoln on Tuesday June 21 starting at 10:00 a.m. Judging will be animal husbandry, dairy, foods, clothing and homemaking.

The Lincoln Jaycees will provide ice cream and cold drink at noon. Plan to bring your own lunch. 4-H'ers and leaders are urged to attend.

A good digestive system is one the owner never is aware he has. It deserves great consideration and kindness. The following rules are well worth following through the years:

1. Keep mealtime cheerful, Be relaxed and take your time to

2. Eat four or five times a day but small, regular meals no nibbling. Be sure to eat a good breakfast. A glass of milk at 2 o'clock Fred Tilson is to might be one meal. A dish of applesauce and some whole wheat bread spread with cottage cheese might be another. (Seven-course dinners are an-

cient history. 3. Avoid sweets and starches as between-meal pick-ups 4. Drink plenty of liquids, es-

pecially between meals. 5. Reduce amounts of fried foods, pastry, cream, butter and the previous meeting were read all rich and highly seasoned and approved.

6. Do not gulp and gobble make better teeth than your natural ones.)

7. Never eat heavily when tired or out-of-sorts. (Fruit juice is a good "picker-upper.") 8. Try not to acquire the notion that this or that food does not agree with you. 9. Do not eat too many foods

at one meal or too much of one uses in cooking. favorite food. 10. Never "dose" yourself not even with baking soda. Ad- lyn Thoms, Donna Miller, Marvice given on indigestion over garet and Phyllis Brunkow, and the radio or the back fence is Betty and Kathy Neilsen as new likely to be better for some one members to our club.

It's more enjoyable to live out lunch was served by the hosthe years than to "rock" them tess. out. Pearl L. Schultz, Home Extension Agent.

FEDERAL OUTLAYS

According to a study by Dr. Farmerettes observed 4-H Sun-M. Slade Kendrick, professor of day by attendin in a body the Economics and Public Finance St. Paul Evangelical Brethern at Cornell University, in the last | Church of Elmwood. 150 years the Federal Government has grown more than ten Spohr. times as fast as the economy. In recent years the Federal Government has cost the country and Nehawka Yard Beautificamore than ten per cent of its tion club met with Bonnie Lacy gross national product as com- Friday evening. Marilyn Pollard pared to 1799 when Federal expenditures cost a little more the flag salute and 4-H pledge. than 1 per cent of the total of Marilyn Pollard gave a demonproduction and services. All stration on "How to Clean Eggs." figures are adjusted to the changed-value of the dollar.

OSLO, Norway - The occu- present. pants of a small Norwegian fishing boat had the wonderful Roger Balfour. luck of having 100 tons of herring fill their purse-seine to capacity. However, the self-congratulations of the fishermen the home of Patsy Roelofsz with WORLD TRADE SETUP was short-lived. Suddenly, the seven members and one leader fish took a sharp dive, taking the | present. boat under with them. A little later, both the purse-seine and the boat reappeared, and the fishermen were able to retrieve their catch and take it safely to the canning factory on shore.

Classified Ad in The Journal costs as little as 35 cents

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CASS FARM WEWS 13 3 77 2 77

Specialization in Hogs Makes 36 Bus Loads Profit for Minnesota Farmer

How can the small farmer* stay in business in view of the during unfavorable balance between prices of the things he sells and costs of the things he buys.

Clayton Johnson, a St. James, Minnesota farmer, found one answer to this situation. He specializes in hogs. The June issue of Successful Farming magazine tells how he does it.

Johnson is buying 80 acres of "run down" land that was so unproductive that a friend commented he would not pay \$20 an acre for it. He is buying the land because the buildings on it could be adapted for a program that would produce 400 or 500 hogs a year without hired help, yet with time off for vacations and family weekend. He adopted a three-point program for his hog specialization,

including management, marketing and research. The management program was one of converting his farm

ord Harvey and Glen Kraeger.

The president called the meet-

en by Joyce Miller on preparing

a grapefruit and Derales Mil-

ler, on sifting flour and why it

burg explained utensils and their

We are glad to welcome Mari-

After the adjournment, a

The next meeting will be June

On May 15, the Fairview

News reporter, Jolene Faye

The Early Bird Poultry club

Refreshments were served.

Eight members and three guests,

Mrs. Arnold French, Mrs. Kent

Balfour and Mrs. Lacy were

The next meeting will be with

Alvo 4-H Orioles met May 24 at

which the members brought.

Plattsmouth Pork Producers

met at the home of Jay Speck

May 21. The meeting was

opened by the president, the club

members giving the flag salute and the 4-H pledge. We dis-cussed the uses of the canvas

slappers that Mr. Schmadeke

All the boys took part in the

demonstration of vaccination of

Jay's pigs. After the close of the

meeting, Mrs. Speck served a de-

The next meeting will be a

family picnic on June 18, at

Charles Stoehr's home.

gave us to sell.

licious lunch.

24, at the home of Carolyn and

Jolene Spohr.

Co. 4-H Sign Project.

during January, February, March, July and August. Research has taught Johnson that it pays to specialize. Before changing over, he kept a few hogs, a few cows, beef cattle and some poultry.

Here are some features of the Johnson hog program: 1. He thinks in terms of volume production, not just raising pigs. One hog is a unit, and the

more units of pork he sells, the more money he makes. 2. He follows a scientific feeding program. Starting with an 18-per cent protein ration for pigs under 50 pounds, he decreases protein as the animals

gain weight.

3. To save work, Johnson uses a feed mixing wagon. Large sliding doors make the barn easy to clean. Only the farrowing He supplements sows' milk buildings - three cattle sheds with pellets or with synthetic and a large tile-block henhouse milk when the baby pigs are a

house must be hand cleaned. to production use. The hen- week old and keeps them on became a farrowing milk replacer until they are house. Twice-a-year farrowing seven weeks old for fast, even is used, for Johnson believes he growth. Pigs are weaned can get the most for his hogs three or four weeks of age.

OUTDOOR NEBRASKA

by Wally Green, Nebraska Game Commission

Every fisherman in the State of Nebraska is casting a wistful eye at the weather reports waiting for good fishing weather. Mynard Jolly Feeders met at Already some have been casting the home of Shirley and Leonmore than an eye, as early ord Hild to Ear tag calves and spring-like weather gave them they had dinner at the Hild a chance to get some good fish-

Mr. Schmadeke, Extension club Swanson reservoir, in Hitchagent assissted Leaders Leoncock county near Trenton, was opened to fishing for the first A business meeting was held time this year. Fishermen there give a demonstration next meeting on June 3 at Jim Gansemer. become a favorite fishing spot for bass, crappies, walleyes nor-The Fairview Farmeretees met thern pike, catfish and bull-May 23, 1955, with Sharon Fred-

The Republican river reservoirs, of which Swanson is one to order, followed by roll call. of four, are the newest series of Ten members and one visitor remajor reservoirs in the state of sponded with their favorite tele-Nebraska. Swanson reservoir vision program. The minutes of along with Enders, Harlan and Medicine Creek, renamed Harry D. Strunk reservoir, offer hun-As new business it was deciddreds of acres of excellent fished our club would purchase a ing waters to Nebraskans in the (Perhaps the dentist really can board to be used for the Cass south central part of the state. Many Kansas residents also Our leader gave us pointers on come across the state line to fish selecting our patterns and mat- in the Republican watershed reserials. Demonstrations were giv- ervoirs.

All of these reservoirs have been constructed since World War II and are primarily flood should be sifted. Sharon Freden- | control and irrigation reservoirs.

Most types of warm water fishing can be found in these reservoirs. Bass, wall-eye and Northern pike, crappies, bluegills, catfish and bullheads are the more common game fish taken. Some of the best catfishing in the state is found along the Republican river and in the reservoirs.

One drawback to a fishing trip to the Republican river reservoirs is the lack of accomodations. If you do not have camping equipment, you had best arrange for reservations in the near-by towns. However, boats and bait are available from concessioners at some of the res-

four major Republican reservoirs | ed. and giving the distance to their respective county seat towns. Enders reservoir, 8 miles from Imperial in Chase county.

Alma in Harlan county. Stockville in Frontier county.

local chambers of commerce.

ask Congress to approve United 31, 1956. We had a discussion on Weeds States entry into a new, perma- The referendum concerns only nent international organization the self-help part of this act. If Robert Roelfsz lead in a dem- aimed at lowering world trade sheep raisers vote this plan into onstration on Rope Halters and barriers. A blueprint for the new operation, the Secretary of Aghelped the members make them, body, to be called the Organiza- riculture will be authorized to Our next meeting will be held tion for Trade Co-operation, has hold back a cent a pound from June 7 at the home of Jim Vinbeen drawn up by 44 nations at payments to wool producers, cent. Patsy Roelofz, news re- Geneva. These nations handle This cent a pound will go to the 80 per cent of world trade.

MOTELS

Unhappy Farmers Hustle Washington

During an 8-week period last winter 36 busloads of unhappy farm voters from 18 states descended on Washington, D. C. They had two purposes to protest farm prices and to tell Department of Agriculture officials how they want farm programs administered. Their trip was sponsored by the National Farmers Union.

A farm writer who accompanied a group of North Dakota farmers to Washington reports what happened to that group in the June issue of Successful Farming magazine

When the North Dakotans arrived, after a two-day, twonight almost nonstop bus trip, they found four other busloads of farmers in town. One load each had come from Illinois. Inidana, Pennyslvania, and Texas. National Farmers Union President James G. Patton stated their purpose in these words: "You are embarked on a trip to exercise one of your most precious democratic rights-the right to petition your national your grievances."

They petitioned - verbally. The five busloads made an early stop for a meeting with U.S.D.A. officials in the department family of four; and included the homemaker. Partially preauditorium. They made their wants known to Undersecretary of Agriculture True D. Morse and R. E. A. Administrator Archer Nelsen.

bus-trippers carefully planned meetings with their own congressional delegations. First, they made appointments to avoid waste of time and embarrassment. There could be no Senate were both in session, and meetings and other business. Each group decided what points to bring up to respective Senators and Representatives on the evening before the visits. To prevent speechmaking, each group worked out a supply of pertinent questions.

The North Dakota group had only two senators and two representatives to visit, so it split have been having excellent suc- up and made "courtesy calls" cess. This reservoir promises to on Congressmen from states not represented by Farmers

Union bus-trippers. Results of the Farmers Union bus-tripper program may never be recorded in terms of votes. changed or influenced, but one Union staff member pronounced it better than "anything any other farm organization is

New Self-Help Farmers Plan In Referendum

Farmers this summer will be watching the results of a referendum to be submitted to qualified sheep raisers. The measure will determine whether Section 708 — the self-help section—of the 1954 National Wool Act will be put into oper-

This section would set up under the government a self-help promotion fund to boost lamb and wool consumption.

The June issue of Successful Farming magazine calls this measure, if passed, "a fresh page in agricultural history." It means that the farmer is catching up with himself. Farmers are producing some of the most remarkable products on the market. But they have spent more effort in learning how to grow them than in learning how to move these products to the Following is a list locating the | consumers where they are need-

Many believe the act, with its new program for sheepmen, offers a blueprint for other farm

Swanson reservoir, 4 miles The National Wool Act went from Trenton in Hitchcock into effect in April, 1955. Under it, wool will be sold on the open Harlan reservoir, adjacent to market for the best price that can be had. If this is below the Harry D. Strunk (Medicine incentive price that has been Creek) reservoir, 3 miles from set for the year, the difference will be made up in a lump pay-Anyone wishing to make over- ment after the end of the marnight reservations may get a list keting year. For the 1955 wool Roger Balfour, news reporter of the accomidations from the clip, this incentive price has been set at 62 cent a pound. The payments, if they are needed to bring farm returns up to this The Administration plans to level, will be made after March

newly formed American Sheep

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THE PLATTSMOUTH, NEBRASKA, SEMI-WEEKLY JOURNAL Monday, June 6, 1955

sumers. The Council plans to set up Chicago offices. It is a 100 per- foods cost one-third more than cent farmer-operated concern. home prepared foods, but took Its board of directors includes only one-fourth as much time. only sheep producers. It has received the support of seven organized farm groups, including both the National Grange and National Farmers Union.

Legislative SIDELIGHTS.

BERNIE CAMP Information Director Nebraska Farm Bureau F'ederation

Meal Cost Versus Time Saved The Bureau of Human Nutrition and Home Economics of the United States Department of Agriculture has released figures to indicate comparative costs of government for the redress of preparing various types of meals that on a dollars and cents basis, with the amount of time consumed in preparation.

The study was based on the cost of meals for one day for a home prepared, partially prepared and ready-to-serve meals.

Those homemakers who have more time than income understandably prefer to buy their for four and require 1.6 hours in food supply in rough form, but preparation. Included in the more and more the trend is toward packaging of food items in preparation; cleaning up and small units and with much of serving time; and watching time. the labor of preparation taken afternoon visits since House and out. This latter type of food retailing appeals to the home- verti-plane, twice has made the morning visits had to be sand- maker who has a busy schedule successful transition in tests wiched in between committee of activities outside her home or from helicopter to conventional one who is an active career forward flight.

Producers Council which will use woman. Partially-prepared and it in a promotional and adver- ready-to-serve foods do not have tising campaign aimed at con- the wastage of rough purchases.

The home economics scientists found that ready-to-serve Meals made up of partially prepared foods were a sixth higher in cost and saved about half the time used in complete home preparation of meals.

The additional cost in readyto-serve and partially-prepared foods is in the labor necessary to preparation, packaging and the cost of special techniques of handling. This additional cost in the minds of many homemakers is less important than time involved in preparation of rough foods. The researchers decided that time required for the extra preparation of rough foods in the home was worth about 45 cents an hour to the average homemaker. Perhaps it is not surprising the ladies prefer to let someone else do the

The Bureau of Human Nutrition and Home Economics found it costs \$4.90 a day (average) to feed a family of four home prepared foods, but required 5.5 hours of labor on the part of pared foods for the same fourmember family costs \$5.80 and takes 3.1 hours of time. Readyto-serve meals for four cost \$6.70 costs are: fuel; cost of the food;

The McDonnell XV-1, a con-

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