

EDITORIALS

Overweight? Be Careful

We hear and read a great deal about obesity, the dangers from it, and the improvement in appearance that can be brought about by shedding pounds. However, we should not overlook the fact that fatty tissue in proper amounts is an essential constituent of the human body, the State Dept of Health says. It protects health and nutrition as well as adding to comfort and appearance.

Fat in normal amounts serves a variety of useful purposes. It acts as a reservoir for food to be used in time of need; serves as padding or shock absorbing material, protecting the various organs against undue shock or vibration; keeps the individual warm; is responsible in a large measure for the smoothness and elasticity of the skin, as well as for the normal shape and contour of the body; and conserves protein in the body. However, insurance statistics indicate that one-fifth of our adult population over 30 years of age are enough overweight to adversely affect their health.

The accumulation of excess body fat can be prevented by the constant avoidance of excessive caloric intake and by seeking out and correcting the cause of excesses whether it be lack of activity, emotional disturbance, or other factors.

Eating an extra 100 calories a day can add more than 50 pounds to body weight in five years. The small non-essentials are often what cause the weight gain. Between meals eat a piece of candy, a few nuts or potato chips, a soft drink, or a few crackers can be enough to cause the trouble.

A good reducing diet should contain enough food to be satisfying and should be high in protective foods. Skim milk or buttermilk is the basis of a good reducing diet. Weight cannot be taken off healthfully in a short time. One to two pounds a week is usually enough weight loss. The important thing is to adjust satisfactorily to a change in eating habits. It will take time to become accustomed to eating less food omitting foods high in fats and sugars, and eliminating between-meal snacks.

A reducer should eat regularly at least three times a day. Four or five light meals may be better for some people. If eaten slowly, less food is necessary to satisfy hunger.

Reds Plan Trip To Moon

Professor V. V. Dobronarov, writing in a Soviet publication, reveals that the Soviet Union has plans for sending space ships, rather than small satellites, beyond the earth's atmosphere.

Moreover, Dobronarov says that plans for sending space ships into outer space have progressed to be point where scientists are now considering problems of time and speed. He believes that a trip to the moon, in one day, is probable in the not too distant future.

"We have a project whereby it will be possible to travel to the moon by space ship in one day," he is quoted as saying. That means the space ship would have to travel the distance of 238,857 miles at a speed of 6.8 miles a second. This is faster than the 18,000 miles an hour speed of the earth satellite, which was launched by the Soviet Union only recently. But it is not too much faster.

The Soviet writer says the first trip to the moon will be an unmanned flight but that thereafter the space ships would be manned. Dobronarov also believes that space ships will be able to reach Mars. He predicts that the eventual trip to Mars will be made by the end of this century and that satellite stations in space will be utilized for this project.

These stations would be capable of

Howard's Homespun

Halloween nowadays is a friendly, fun-filled thing for kids. A good, far cry from the days when I was a kid and we tipped "cans" and strewed the streets with rubbish to plague the police. We were nothing but rowdies and not very nice ones at that.

It's silly to worry about growing old or someone remarking about your age. If there's one thing a person can do nothing about, it's his age.

A youngster here was heard to say that Halloween day is a washout, the night is so much funner.

Premeditated snub: Foresight (borrowed from the Bucklin, Kan., Banner.)

The modern wolf is often as loud but seldom as wild or dangerous as his namesake.

If you find it hard to get up in the morning, you might try going to bed earlier. That's a great thought which might not occur to a lot of people.

Ever wonder how grandma raised a dozen kids, made all their clothes, did the washing and ironing by hand, baked, canned and cleaned house and still had time left to tell the kids a story before bedtime? I don't know how she did it either. Somewhere along the line, the hours got shortened to fewer in a day or something.

Don't leave town for too long, neighbor, there's big things ahead — like national time for Hot Chocolate Milk, Jan. 1-Feb. 28; or Kraut and Frankfurter Week, Feb. 6-15; or, happily, National Smile Week, March 10-15.

holding ten interplanetary ships, each weighing 1,700 tons. The ships would travel to Mars using solar gravity — which is the pull of the sun — and not man made fuel. Such a ship would be necessary, however, to wait on the planet Mars for 440 days before establishing the communications with the earth necessary for the return trip, Dobronarov says.

Obviously, Soviet scientific achievements and planning are in an advanced state. A better coordinated, more effective and major U. S. effort in this field, and in the field of longrange missiles is necessary if the United States is not to be left further behind in this race.

Down Memory Lane

20 YEARS AGO

Fires were reported at the Frank Krejci property on Pershing avenue and at the Joseph Kelly residence on Marble street. At the Krejci place the fire started in the upper portion of large barn that was used as a garage and repair shop by Mr. Krejci. The fire at the Krejci place gained great headway and destroyed equipment and machinery. At the Kelly place, occupied by the Earl C. Harris family a roof fire was checked with a loss of \$25 — Misses Margaret and Alice Davis of Lincoln were slightly injured in an auto accident near Murdock. They were enroute to Plattsmouth to the Methodist anniversary, their car skidded in loose gravel and swung into the pathway of a car driven by Richard Eppings of Murdock — Miss Jean Elizabeth Caldwell, daughter of Dr. A. D. Caldwell of Bancroft, former resident here was married to Joseph M. Lockin of Honolulu, at the Little Brown Church in the Vale at Nashua, Iowa. They stopped here to visit at the home of Mr. and Mrs. L. D. Hiatt and Mr. and Mrs. F. R. Gobelman, cousins of the bride — Bishop and Mrs. Ernest Vincent Shayler were here at St. Luke's church for a short service. They were accompanied by Mr. and Mrs. L. G. McAfee of St. Leo's church, Upi, Philippine Islands, church missionaries — Mr. and Mr. John H. Palacke departed for Berwyn, Ill., where they will reside. Mr. Palacke is engaged in the Burlington yards at Chicago — Mrs. E. J. Ferrie was seriously injured in an accident near this city while enroute to church from the farm. While making a turn the door of the car flew open and threw her out. She was taken to St. Mary's hospital at Nebraska City where it was found that her hip was fractured, one foot badly injured and ligaments of back and hip torn.

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Presented Nebraska Press Association "GENERAL EXCELLENCE AWARD"
First in 1952 — Second in 1951 and 1953
(In Cities over 2,000 Population)

Howard Lindquist, Editor and Publisher
Eugene Scarlett, Publisher
Margaret Dingman, Woman's Editor
H. M. Johnson, Advertising Manager
Don Warga, Shop Foreman

30 YEARS AGO

Rotary Anns were hostesses to the Rotarians at a social evening at the Legion building. The general committee comprised Mrs. W. A. Robertson, Mrs. George Petring and Mrs. P. T. Heineman, with the entertainment committee composed of Mrs. R. W. Knorr, Mrs. J. S. Livingston and Mrs. F. R. Gobelman. The picnic lunch included a number of "non-skid" wienies as well as a fine repast — Hugh J. Kearns post of the American Legion elected Leslie W. Niel as commander, Raymond J. Larson and C. E. Ledgway as vice commander, A. H. Duxbury, service officer, Elmer Webb, adjutant; Mrs. Kathryn Lugsch, historian; Rev. H. E. Sontor, chaplain; Harold Holcomb, sergeant at arms; Ray Larson, Ralph Pettit, H. L. Gayer, Leroy Stewart Don Seiver, Henry Soennichsen, M. D. Brown, Harold Holcomb and Fred Lugsch, executive committee.

Ticklers By George



"Boss, I feel awful! All night long I toss and turn!"

LOUISVILLE NEWS

Mrs. Ralph Wildrick — Phone 2511

W.S.C.S.

The Woman's Society of Christian Service met Thursday afternoon Oct. 24 at the Methodist Church with Mrs. Edna Salberg and Mrs. Mary Salberg as hostesses. Mrs. Arnold Sederberg was a guest. At the business session Mrs. Amelang gave a secretarial report. Mrs. Edna Salberg on Literature and Publication.

Mrs. Amelang, who has been presenting a study of "Japan Today", combined it with the worship service, giving the Japanese version of the 23 Psalm for the devotions.

Her Japanese lesson was continued with these members taking part, Mmes. Alfrey, Myers Webb, Davis, Hirsch, Murray, Danner, McNealy and Stander. The hostesses served refreshments at the close of the meeting.

Next meeting will be an all day covered dish luncheon. Bring any Bazaar work. The time beginning at 10 a.m., Nov. 7. Mrs. Bedella Stander, Reporter.

Wesleyan Service Guild

The regular meeting of the Wesleyan Service Guild was held Oct. 23 with 14 members and one guest, Mrs. John Jackman, present. Members are asked to bring a toy to the November meeting for preschooler for our church nursery.

After a discussion and presentation of the Charter of Racial Policies for the Woman's Division of Christian Service of the Methodist Church, the Guild voted to go on record as adopting the Charter of Racial Policies.

Mrs. Richard Streeter had charge of the panel type program which informed members of missionary work with Indians, work in social centers in large cities, Negro, Bethlehem Centers and work in Alaska.

Mrs. Jack Campbell and Mrs. Leonard Vaughn, told of the Guild program and tea held recently in the First Methodist Church in Omaha. Hostesses were Mrs. Albert Inman and Mrs. G. Weismann. Next meeting will be Nov. 26. Mrs. Muriel Webster, Reporter.

Triple B 4-H Club

The Triple B 4-H club won the purple ribbon for beef herdsman-ship at the Cass County Fair. This is the first year the award had been given. The award was given for keeping the stalls clean and the calves in top shape at all times during the fair. Earl Puls and Glen Terryberry were the leaders for the Triple B Club. Ralph Puls, Reporter.

Center Extension Club

The Center Extension Club held their October meeting at the home of Mrs. Herbert Stander on Thursday evening. Five members answered roll call by giving Cake Decorating Ideas. Five guests were also present, Mrs. Andrew Stander, Mrs. Herbert Schlueter, Mrs. Leon Meyer, Mrs. George Meyer, and Mrs. Marion Erhart. The latter three joined the club. A lesson was given on Cookies by Mrs. Herman Bergmann. Next meeting will be with Mrs. Leonard Stohlmann. At the close of the evening lunch was served by the hostess — Mrs. Herbert Stander, Reporter.

Police Court

Eugene Loppsen, Weeping Water, intoxication, \$15; forfeited; Charles Reynolds, Louisville, driving while intoxicated, plus other traffic charges, \$125; William Sheehan, Weeping Water, intoxication, \$15.

Guests at the Cecil Beck home in South Bend Saturday evening were Mr. and Mrs. Ernest Beck and Mr. and Mrs. John Shogren. Mr. and Mrs. Frank Wildrick were weekend guests at the home of Mrs. Dorothy Kloder and children in Council Bluffs.

custodian could be hired. Robert Knutson has been hired as high school custodian, and Campbell indicated his satisfaction with the interest Knutson is taking in the job.

Monday the grade school was showing the effect of the flu bug with 56 absent. Only a few cases were reported in the high school.

Mr. and Mrs. Ed Geas attended the Lorenson-Hauschild wedding at the Methodist Church in Weeping Water Sunday afternoon. Mrs. Kenneth Dobbs and Scotty and Mrs. Lloyd Cardin and children were dinner guests Thursday at the Edward Grell home.

Frank Puls sang a solo at the St. Paul's Lutheran Church in Weeping Water Thursday evening at the Mission Services.

Harold Hansen of Harlingen, Tex., visited overnight Sunday with his aunt, Mrs. J. B. Larson.

Mrs. Charles Deisher of Odesa, Mo., is a guest at the home of her sister and brother-in-law, Mr. and Mrs. Chris Murray.

Bedella Stander and Robert Stander attended the funeral of their niece and cousin, Mrs. Olive Rauch in Weeping Water Tuesday.

Mr. and Mrs. Anton Johnson and family were Friday dinner guests at the home of Mr. and Mrs. Ernest Wolten and family in Beatrice. Other guests were Mrs. Edward Shephardson of Denver, Colo., and Mrs. Rose Shephardson of Beatrice.

Mr. and Mrs. L. A. Mackey and children of Omaha were Saturday evening dinner guests at the Geo. Griffin home. Sunday evening dinner guests were Mr. and Mrs. Wayne Miller and family of Millard.

Sunday guests at the Ralph Wildrick home were Mr. and Mrs. John Santee Jr., and children of East Omaha and Mr. and Mrs. Harold Lancaster and family and Joyce Costello all of Plattsmouth.

Eight Girls helped Judith Leroy celebrate her birthday Friday evening, at her home in Manley. The evening was spent playing games after which Judy opened her gifts and Mrs. Leroy served a delicious lunch.

Among those who attended from Louisville were Patsy and Judy Dobbs and Elaine Heard.

Mr. and Mrs. Jim Kriebel and Jimmy Doyel were guests Sunday at the Elwood Leroy home in Manley.

Mrs. Joe Habel entertained a group of friends of her daughter to a Halloween Party Sunday evening. Games, A scavenger hunt, and dancing were the highlights of the evening. Mrs. Habel served lunch.

Mr. and Mrs. John Ward spent Tuesday and Wednesday at the home of their daughter and family. Mr. and Mrs. Monte Hayes and family in Marshalltown, Ia., they took their grandsons, Roger and Joe Hayes home. They had been staying at their grandparents for three weeks.

Mr. and Mrs. Dick Wildrick of Omaha are parents of a daughter born Oct. 30 at Lutheran Hospital in Omaha. She weighed 7 pounds, one ounce, and has not been named as yet. Mrs. Wildrick was formerly Ruth Hepler of Omaha. Grandparents are Mr. and Mrs. George Wildrick and Mr. and Mrs. Frank Hepler all of Omaha.

Gerald Switzer of Manley spent the past week visiting his father, Robert I. Switzer in Bertha, Mo.

Mr. and Mrs. Elwood Pankonin have returned home after a two weeks vacation in California.

Dr. and Mrs. W. J. Snyder of Papillion visited Sunday evening with Mrs. Jay B. Larson. Mary Lou Carnicle of South Bend spent the weekend with her grandparents. Mr. and Mrs.

Hugh O'Brien. Callers this week at the Richard Heim home were Mr. and Mrs. Claude Heim, Mr. and Mrs. Eldon Ragoss, Mrs. Ed Group, Mrs. Tom Tennant, Mrs. Earl Hickman, Mrs. Harold Koop, Mrs. Clarence Stohlmann and Rev. Lyle Mueller.

Mr. and Mrs. William Nichold of Los Angeles, Calif., spent from Friday until Monday evening with Mrs. Nichols' (former Lois Hendrix) sister, Mrs. Andrew Landgren, and other relatives.

Mr. and Mrs. Rex Kelley and daughters spent last weekend with their parents in Norwood, Mo. They visited at the home of Mr. and Mrs. Rose Kelley and Mr. and Mrs. James Heard. Leonard Heard and daughters are spending a few days this week at the James Heard home in Norwood, Mo.

John Gakemeier entered the Methodist Hospital in Omaha Monday for treatment and observation.

Mr. and Mrs. Jim Anderson and daughters of Springfield visited Wednesday evening at the Edward Grell home.

Mr. and Mrs. Elwin Isaac and sons of Manley visited Sunday afternoon with Mrs. Frank Pace and Mr. and Mrs. Troy Jewell all of Weeping Water.

The Fredrickson children, Bobby, Susan, and Tommy visited over the weekend with their grandparents. Mr. and Mrs. John Gruber, Sr., in Manley while their mother had her tonsils removed Friday.

Sunday supper guests of Mrs. Treasa Keckler in Manley were her daughter, Dorothy and Mrs. and Mrs. Harold Kecker and sons of Ashland.

Mr. and Mrs. Eldon Pingree spent Saturday with his parents, Mr. and Mrs. John Pingree in Afton, Iowa.

Thursday evening callers at the Edward Grell home were Mr. and Mrs. Fritz Franke and Mary and Mr. and Mrs. Lyle Beck and daughters. Carol and Geraldine Beck stayed overnight at the Grells.

Mrs. Joe Sheehan and Mrs. Sheehan and Cindy of Weeping Water were Monday afternoon callers at the Elwin Isaac home in Manley.

Mr. and Mrs. Jim Kinard of Kansas City, Mo., are parents of a daughter, born Oct. 22. She weighed six pounds, 14 1/2 ounces and has been named Kolina Sue. Mrs. Kinard was formerly Paula Speck, daughter of Mr. and Mrs. R. G. Speck, former Louisville residents. They have one other child.

Mr. and Mrs. Jack Gell are parents of a daughter born Oct. 13. She has been named Karen Sue. Mrs. Gell's mother Mrs. Sederberg of Red Oak, Ia., has been staying with the Gells for a short time and has been helping with the work. Mr. Gell is industrial art teacher at Louisville High School.

Two airmen from the Lincoln Air Base were hurt in an accident on Highway 83, five miles west of Louisville Sunday. They were taken to Offutt A.F.B. A-2e Charles R. Hodges suffered a broken neck and partial paralysis and his condition was reported to be fair Monday. The other A-2e Gerald G. Dremski, had some back injuries and was believed to be in good condition.

Clarence "Bud" Aekles Jr., Dallas, Tex., spent the weekend with his parents, Mr. and Mrs. Clarence Aekles Sr. He returned to his work in the Dallas postoffice Monday. He couldn't be here for his father's birthday which was Tuesday, so he came over the weekend.

Mr. and Mrs. Robert Sell and daughters were Friday evening callers at the Jack Robbins home in Plattsmouth.

Jim Workman is in the Methodist Hospital for observation and treatment.

Mr. and Mrs. Leonard Stohlmann are the parents of a baby daughter born Oct. 11 at St. Mary's Hospital in Nebraska City. She has been named Marlene Ann and weighed six pounds and twelve ounces. Grandparents are, Mr. and Mrs. Frederick Stohlmann of Manley and Mr. and Mrs. Hy Rahn of Papillion. Great Grandmother is Mrs. Martha Neumann of Manley.

Mr. and Mrs. Herman Bergmann are the parents of a baby girl born Oct. 25 at the Bryan Memorial Hospital, Lincoln. She has been named Mary Alice and she has four brothers and one sister.

Mr. and Mrs. Charles Pearson and family of Manley spent the weekend with her parents, Mr. and Mrs. Joe Baker at Diller and their houseguests, Mr. and Mrs. Freeman Epps and family of Tulsa, Okla.

Otto Harms of Niles, Michigan arrived Monday evening for a visit with Mrs. Anna Harms, in Manley.

Sunday afternoon visitors at the Earl Puls home near Manley were Mr. and Mrs. Kenneth Rober, John and Merry Sue of Murdock.

A group of 4-H club members and their leaders attended the annual 4-H Achievement party at Weeping Water last Thursday evening. Refreshments were served to the group after the awards were made and some dancing and games were played.

Mr. and Mrs. Philip Hennings attended to Golden Wedding reception at the Congregational church in Ashland honoring Mr. and Mrs. E. M. McFarland's Golden Wedding Anniversary. Mrs. McFarland and Mrs. Hennings are sisters.

Mrs. Laura Kreider and David are spending a month's vacation at the home of her sister, Mrs. Jessie Leas and her niece, Mrs. Jim Underwood at Grove, Okla.

Mr. and Mrs. Marion Hicks and family of Lincoln were dinner guests Sunday at the Bert Alfrey home.

Mr. and Mrs. Ernest Hennings were Saturday evening callers at the N. F. Hennings home.

Mr. and Mrs. Lewis Amelang, Mr. and Mrs. Earl Beck and John, and Mr. and Mrs. Walter Salberg were Sunday dinner guests at the Frank Salberg home. Mrs. Salberg and Mrs. Amelang were celebrating their birthdays.

Sunday guests at the John Gruber Sr., home in Manley were Mr. and Mrs. John Gruber Jr., and family and Mr. and Mrs. Ernest Gruber and sons all of Louisville.

Mrs. Richard Heim, who underwent surgery at the Clarkson Hospital in Omaha, returned home after an eight day stay much improved.

Larry Lee Grell, son of Mr. and Mrs. Edward Grell, entered the Clarkson Hospital in Omaha Saturday for minor surgery on his eyelids. He and his mother who remained with him, returned home Sunday. He is coming along fine.

Mr. and Mrs. Wendell Graham spent from Wednesday until Friday night with his parents Mr. and Mrs. Wendell Graham in Lincoln. Mr. Graham attended the Teachers Convention in Lincoln.

Dinner guests Sunday at the Edward Grell home were Mr. and Mrs. Paul Powell and Cindy Mr. and Mrs. Earl Beck and Johnny were evening callers.

Mrs. August Jochim returned home from the Hospital Sunday and is steadily improving.

Mr. and Mrs. William Nichols of Los Angeles, Calif., and Mrs. Andrew Landgren attended the Baptismal Service in Omaha Sunday for Mrs. Landgren's grandson, Robert John Akromis, son of Mr. and Mrs. Ed Akromis of Omaha.

A Classified Ad in The Journal costs as little as 50 cents

