

## You a Picnicker? If So, You're One of a Big Crowd

Almost 51 per cent of the estimated 450,000 people to visit Nebraska recreation grounds last year were picnickers. This eye opener appears in the recreation-grounds use count prepared by Eugene H. Baker, construction and engineering chief for Game Commission Director M. O. Steen.

Baker's estimates are based on counts made manually and by machine counts at 33 of the state areas in 1957. During the manual count, each car entering the areas was stopped and the occupants interviewed. A total of 16,198 cars was stopped from May 1 through September 15, the heavy-use season.

Only about 25 per cent of all visitors went to the areas specifically to fish. In other words, before the use stamp came into being, permit buyers were footing the bill for construction and maintenance of facilities used primarily by picnickers.

Last year's visitors, according to report, averaged about four per car, and each car traveled about 74 miles to and from the areas. Presuming that each of the cars would average about 15 miles per gallon of gasoline, a total of 2,280,000 gallons of gasoline was consumed. Based on the present rate of state gasoline tax, seven cents per gallon, about \$160,000 was paid into the state treasury by state recreation-ground visitors.

"In other words" Director

Steen pointed out, "These people paid twice as much for state gasoline tax—to reach the areas—than our estimated annual income from the use stamp."

Other information appearing in Baker's report:

Twenty-four per cent of the visitors to the state areas went there for such purposes as boating, hiking, etc.

About 1 1/2 per cent of all visitors were nonresidents.

## Make Good Posture A Habit

By The Nebraska Dept. of Health

Good posture is important to health as well as to appearance. Our bodies work best when all parts are in proper alignment. Good posture is one of the simplest of all health rules, but it is one of the easiest to ignore since its benefits are not directly observed.

The human body was designed to function as a graceful, balanced mechanism. In structure it is admirably adapted to the many motions we make. When the organs of the body are in their proper positions, there is sufficient room for them to perform efficiently. Good posture is easy posture, without stiffness or strain, and it results in improved digestion, respiration, circulation, and a feeling of general well-being.

The person with good posture, who is graceful and well poised, is more socially acceptable than the ungainly, awkward person with poor posture. We take the active muscles and good body balance of our younger days so much for granted that it is easy to slump into middle age without realizing what is happening.

Posture is commonly thought of in terms of standing and sitting, but it should be considered as the total of all body positions and movements. It is continuous or habitual bad posture which is really harmful. Fatigues, loss of sleep, malnutrition, or mental depression from anxiety, personality conflicts of various sort, repressed hostility, or feelings of inferiority tend to promote poor posture.

If you are a desk worker, sit up! It may take conscious effort and will power to keep on doing it, but it will pay in both appearance and health. No one achieves or maintains good posture without the conscious will to do so. Be sure that the seat of your chair is the right height so that your feet rest flat on the floor and that the chair offers support to the lower part of your back.

Posture is a 24-hour proposition, and each person is responsible for his own. If you have sagging muscles, round shoulders, aching feet, or any other of the other common symptoms of bad posture, there is no one to blame but yourself. If your posture faults are severe, you better consult your physician.

Correct posture, once it becomes habit, is the easiest posture to maintain. Practice until it becomes a habit.

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## Keeping in Touch

Harold Puls, farmer west of Murray, returned home Tuesday from the Methodist Hospital where he was undergoing observation and treatment.

The many friends in this city of C. F. Harris, former county commissioner and long time resident of the Union community, will regret to learn that he is ill at the home of his daughter, Mrs. Lee Faris at Union. Mr. Harris who is 92 years of age has made his home there since the death of Mrs. Harris.

Hugh Stander, Jr., Virgil Stander and N. C. Babbitt of Plattsmouth attended the convention of the Midwest Retail Farm Equipment Assn. in Omaha.

Mrs. Mario Sly and son, Mike departed Friday night for their home in Indiana. Mrs. Sly and son have been visiting Mr. and Mrs. Paul Sailors. Mrs. Sly and Mrs. Sailors are sisters.

The H. M. Johnson family were in Council Bluffs, Ia., Sunday visiting with Mr. and Mrs. Gene Cramm and family.

Mrs. Gilda Gray and Eugene Sailors flew here Tuesday from their home in Los Angeles, Calif., to be with their father, Paul Sailors, who is ill at Brown's Hospital in Nebraska City. Mr. Sailors is undergoing X-rays at the hospital today.

Roger Hild departed Friday by plane to join his parents, Mr. and Mrs. Henry Hild who are vacationing in California.

Mr. and Mrs. Tom Melsinger and two children and Mrs. John Hild and Mrs. Raymond Hild went to Oklahoma the past week visiting relatives at Chickasha and Marlow, Okla.

Sunday dinner guests of Mr. and Mrs. George Smith and sons was his brother and family, Mr. and Mrs. Robert Smith of Lincoln.

Sunday supper guests included the Lincoln visitors and Mr. and Mrs. Art Fye and family of Lincoln. Mrs. Fye is a sister of Mrs. George Smith.

Sattler Ambulance took Mrs. Milton Muncie to the St. Joseph Hospital Friday for observation and treatment.

Mrs. Harley Burdick returned home the past week from St. Mary's Hospital, Nebraska City where she had surgery.

Sunday dinner guests of Mrs. M. B. Allen were Mr. and Mrs. Gerold Epperson of Omaha. Mr. Epperson is a nephew of Mrs. Allen.

Mrs. Harold Alkire departed by plane Sunday from Omaha to visit her brothers, Bob and Art Harris at Los Angeles for a few weeks.

Joyce Ann Kerns is in St. Joseph Hospital for surgery. Miss Kerns submitted to surgery this morning. She is in room 470.

Mr. and Mrs. Perry Dingman were hosts at bridge Saturday evening. Guests were Mr. and Mrs. Stuart Sedlak of Omaha. Mr. and Mrs. Lester Gaylord and Mr. and Mrs. Clarence Cuthrell of this city.

Merle Rogers, Union, attended a special Management Meeting for Cargill Hybrid Corn Area Managers at Lincoln Hotel Lincoln, Jan. 23.

Mr. and Mrs. William Williams and Leonard were Sunday dinner guests of their son and family, Mr. and Mrs. Albert Williams of Omaha.

Mr. and Mrs. Roy Knorr departed this morning by car for a vacation trip at Arcadia, Calif.

Oscar Lind, well known farmer of the northwest portion of county near Ashland, was in the city for a short time Friday.

Misses Jane and Sarah Thimman of Des Moines and guest, Miss Nancy Valentine were week end guests of Judge and Mrs. J. H. Graves in this city. Miss Jane and Miss Valentine are roommates at Wheaton college at Wheaton, Ill.

## ITEMS FROM UNION

Mrs. L. C. Todd — Phone 2441

The Good Will Club met at the home of Mrs. Ray Mullis last Thursday afternoon. Twelve members and Mrs. Margaret Everett, Mrs. Carl Everett and Mrs. Robert Kendall and Ann, visitors, were present. A free will offering of \$3.46 was taken for the March of Dimes. The February meeting will be held at the home of Mrs. Martin Nelson.

Funeral services were held at the Methodist Church in Union Wednesday afternoon for Mrs. Myrtle Swan with Harold Peterson in charge. Rev. De Spain and Rev. Shaullin were in charge of the service.

Mrs. Lewis Moughey was soloist with Mrs. Merle Rogers at the organ. Pall Bearers were: Carl Cross, Frank Anderson, Morris and George Sties. Burial was in East Union cemetery.

The condition of S. W. True remains quite serious at this time. He has been very ill for several weeks.

Mr. and Mrs. Robert Harrah Sr. and Mr. and Mrs. Robert Harrah Jr. drove to Tecumseh, last Thursday evening to visit the ill mother of Robert, Sr. Frank Wolfe was taken to the

Lincoln Veterans Hospital last Thursday.

The Verl Ackey family have been having quite a difficult time with the flu the past week, but at last report, all were feeling some better.

The Woman's Society of Christian Service met at the Church Thursday with a smaller attendance than usual due to illness in the community and bad roads. A table display of Japanese articles of clothing, chop sticks, fans and a beautiful table cover, with numerous other interesting articles were on display. Plans were made to send an offering to the "World Friendship Book" which is to be presented at the World Convention on Christian Education in Tokyo, Aug. 6-13.

Hostesses, Mrs. Carl Cross and Miss Iva Moughey, served refreshments.

Mrs. Cleoma White and Ralph McNamee of Brush, Colo., attended funeral services for Mrs. Murtel Swan last Wednesday afternoon. They were guests of Mr. and Mrs. Jack Courtney while here.

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## Nebraskans Smoke and Drank Their Share the Past Year

By MELVIN PAUL  
Statehouse Correspondent  
The Nebraska Press Association

LINCOLN — Some odds and ends from the year-end datebook:

Nebraskans consumed a record pile of cigarettes in 1957, enough to shove \$4.2 million into the treasury in the statehouse — a new high.

Without an added cent in tax okayed by the Legislature, statehouse sources still feel the total is a record.

An average of a gallon of hard liquor per person, or 1.3 million gallons, was consumed in the state in 1957 (about 30 percent less than the 1936 national average).

Beer sold in Nebraska amounted to 21.4 million gallons in 1957, about 15 gallons per person average (just about the same as the 1936 national average).

Twenty-three Nebraska airports are scheduled for 26 improvement projects during the current fiscal year, at a total cost of \$1.4 million. About half of this will be federal funds.

Collections of the seven cent tax on gasoline totaled \$33.4 million in 1957, a million bucks higher than in 1956.

A total of 89 Nebraskans died in 1957 from influenza, the highest since 1933, and 374 succumbed to pneumonia as against 342 in 1956.

An office appliance firm predicts Nebraskans will shell out \$22.1 million in 1958 for office equipment and stationary.

State safety officers, although disappointed in the high traffic death count in 1957, posted the year as the safest since 1949 when 258 persons were killed on highways. The 1957 toll was 302. And, a final one:

The Game Commission is

warming water in the Gremlin Bay area of the Hahan County Dam Reservoir, to attract fish to the warm well water pumped in so as to boost success of ice fishing.

**OUT OLD NEBRASKA**  
by JAMES C. ULSON, Superintendent STATE HISTORICAL SOCIETY  
Fort Kearney National Capital

Present day Nebraskans are much aware of the advantage to be gained from Federal installations in the state. The State government and various agencies and communities have campaigned for veterans installations, military post and ordinance plants in the last few months along with other federal projects.

This desire for federal developments is nothing new in the state. As a matter of fact Nebraskans had bigger ideas 35 years ago. It was in 1872 that Senator Phineas Hitchcock climaxed the agitation to have the national capital moved to the Fort Kearney military reservation in Nebraska by introducing a bill for this purpose.

In the 20th century the urge to move the capital from Washington has not been so openly expressed as in the 19th. Then as the nation expanded to the west the advantages of moving the capital nearer to the center of the country was often discussed and bills to move the capital were brought forward. More

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recently the idea of moving the capital has been restricted to decentralizing federal offices and the establishment of alternative capitals to use in case of attack.

Both before and after the civil war, however, vociferous groups pushed the claims of their location as the ideal setting for the national capital. In the 1850s a booming river town in Kentucky by the name of Columbus made a real bid for the capital. Later the changing of the Mississippi's course and disastrous floods left it a derelict village of a few hundred people.

After the war a number of bids were made by such cities as Chicago and St. Louis. Smaller places such as Council Bluffs and Davenport, Ia., also exerted what claim they could to wards getting the national capital, and it was in this period that Fort Kearney was involved.

Fort Kearney was abandoned as a military post in 1871, and for several years before this Moses Sydenham, the editor of the Central Star at Fort Kearney, spearheaded a drive to get the federal reservation at Kearney designated as the national capital.

Among the arguments he brought forward to show that this was an appropriate location was the fact that it was in the geographical center of the nation, and so protected from military attack.

He said further that the capital in the center of the country would cause diplomats and other governmental visitors to see more of the United States and send or take back encouraging reports, so stimulating immigration of course the United States was looking for new citizens in 1870.

Middle-aged Texan to Psychiatrist: "Doc I shore need your help. I'm in a bad way. I've been a Texan all my life, and suddenly I just don't give a hoot."

## Cass Theatre

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Otoe Finest - No. 300 - 16 oz. <b>PORK &amp; BEANS</b>	Heinz — No. 1 Can <b>TOMATO SOUP</b>
Otoe Finest — No. 300 Can <b>KIDNEY BEANS</b>	Otoe Finest — No. 300 Can <b>SPAGHETTI</b>
Harvest Treasur.-No. 300 can <b>BUTTER BEANS</b>	Otoe Finest — No. 300 Can <b>CHILI BEANS</b>
Otoe Finest-No 300 can White <b>HOMINY</b>	Browns Best-One Lb. Bag <b>NAVY BEANS</b>
Kraft 6 Oz. Salad <b>MUSTARD</b>	Libby's — No. 303 Can <b>DICED BEETS</b>
Valu — No. 303 Can Cut <b>GREEN BEANS</b>	Otoe Finest-No. 300 can boiled <b>WHITE BEANS</b>

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