

### Bridle-Saddle 4-H Club Has Meeting

The Bridle and Saddle 4-H Club had its June meeting at the Plattsmouth Sale Barn. A picnic supper was held and the rest of the evening was spent practicing with horses.

Roxanne McGill gave a demonstration on how to saddle a horse properly. Gerald Heim gave a demonstration on the proper way to bridle a horse.

The July meeting was held at the home of Barry and Laura Jane Parson in Cedar Creek. Members discussed plans for their booth at the County Fair. It was planned around safety and earned a blue ribbon.

A tour of Outt Field was held Aug. 8.

A meeting is planned for sometime in September to complete record books. —Laurel Stohr, reporter.

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### Cass-Otoe NFLA Sends 6 to Fall Officers Parley

Six officials of the Cass-Otoe National Farm Loan Association at Weeping Water were among 130 persons from eastern Nebraska attending an annual fall conference of NFLA officers and directors last week in Columbus. The one day regional meeting was held at the Columbus Elks Club. It was sponsored by the Federal Land Bank of Omaha.

Highlights of the conference included a report on recent Congressional legislation affecting the Federal Land Bank system and a panel discussion on problems of providing better long-term credit service to farmers.

Attending the conference from this area were Clifford Cooper of Weeping Water, Herman C. Kupke of Murdock, Walter Rehmer of Syracuse, Ivan Althouse of Waverly, Marion Sisco of Otoe and Harold C. Elliott of Weeping Water.

Elliott is secretary treasurer of the farmer-owned lending association. The organization makes long term Federal Land Bank loans in Cass and Otoe counties.

### 'City Officials' Ready for Fair

LINCOLN (Special) — When the gates swing open on the 1959 Nebraska State Fair Sept. 5, the Fair Grounds at Lincoln will take on all aspects of a city within a city, with President Fred Rehmer of the Fair Board serving as "mayor," other members of the board as "councilmen" and Secretary Edwin Schultz as "city manager."

Under their direction, staff of several hundred workers will man all of the public services provided by a municipality.

The public safety department alone will be staffed by nearly 200 people, directing traffic and keeping order in general. A detachment from the Lincoln Fire Department will afford fire protection, while a doctor and trained nurse will staff a seven bed emergency hospital. A post office substation will be set up on the grounds.

Ralph O. Timm who was hospitalized in Omaha for several weeks is now at the U.S. Veterans Hospital. He is in room 703, Southeast Wing, Veterans Hospital, Omaha, and will be glad to hear from his friends.

John Boetel of this city was taken to the Ebeler Nursing home in Elmwood Saturday by the Sattler ambulance.

Miss Laura Meisinger spent the weekend in Omaha with the Ludwig Miller family. Mrs. Miller is a sister of Miss Meisinger.

Mr. and Mrs. Matthew Miller and children, John and Joanna of Washington, D. C., are spending their vacation with Mr. Miller's parents, Mr. and Mrs. Ludwig Miller in Omaha.

Mr. and Mrs. Leighton Ballinger were in Grand Island at the weekend visiting relatives and returning home their daughter Linda who spent the past week there visiting.

Guests Sunday of Mrs. Sybil Hetrick were Mr. and Mrs. Cliff Raddcliffe and two children, Ricky and Freda Lou of Concordia, Kans. Mrs. Raddcliffe is a niece of Mrs. Hetrick.

Mr. and Mrs. J. N. McMaken and daughters Pam and Lisa of Omaha spent last week here at the home of Mr. and Mrs. J. G. McMaken before leaving for New Jersey where they will make their home.

Oakley Polk Dies

Word has been received here of the death of Oakley Polk of Newcastle, Ind. He was the son of the late Milton Polk who operated the Evening News here in the early part of the century.

The Polk family were prominent in this part of the country.

After residence here Oakley Polk with his sister Emily, moved to Newcastle, Ind., where they made their home till the time of his death June 19.

Mr. and Mrs. Nick Gillam of this city are enjoying a short vacation on a motor of Colorado where they will enjoy visits with relatives on the trip.

Mr. and Mrs. Joe Zastera left on their vacation Sunday. They will visit with relatives and friends in Illinois, Mississippi and Louisiana. B. R. Zastera of Syracuse is taking care of the Pharmacy while Joe is gone.

Johnny's Cafe of Omaha had its annual picnic for employees Sunday. Those attending from Plattsmouth were Mr. and Mrs. Glen Larson and family and Mrs. Agatha Sullivan and family. Mrs. Larson and Mrs. Sullivan are waitresses at the cafe.

Gloria Rozell spent last week visiting with Mr. and Mrs. Lyle Hild west of Plattsmouth.

### Coffee for Teachers, Mothers at 1st Ward School This Morning

During the busy first day of school activities today, the 1st Ward PTA officers held a Welcome Coffee for teachers and kindergarten mothers.

Coffee and cookies were served from a table decorated with summer flowers and accented with blue and white tablecloth and napkins.

Kindergarten children had cookies and a romp on the school playground while their mothers had coffee.

Serving were the Meses, Delina Faris, Lila McKnight, DeLores Kenyon, Hermine Kalasek and Jessie Collins.

### Watch Your Weight

Department of Health

This time of year with the abundance of low-calorie vegetables and fruits, is a good time to shed the extra pounds put on through eating heavier foods.

Vegetables and fruits provide an excellent low-cost diet. Many of these foods are nutritious eaten raw.

Generally speaking, people who are overweight neither feel as well nor live as long as slender people. Excess weight increases likelihood of diabetes, contributes to high blood pressure and kidney disease and is associated with hardening of the arteries and with various heart diseases.

It means impaired vigor, increased fatigue, possible liver breakdown, greater surgical risk and greater danger of complications from otherwise minor illnesses. When a fat person reduces properly, he may add years to his life, improve his earning capacity and become more attractive.

Before one goes on a reducing diet, he should see his physician and have a complete physical examination. Haphazard dieting may be harmful. Reduce in a healthful way, under a physician's guidance, and feel well as the pounds disappear.

A calorie is a calorie, no matter when it is eaten. It is the total amount of food that is consumed during the 24 hours that matters, not what is eaten at any specific meal. Every person should base his daily food intake on those elements essential for good health. Eat regularly. Leaving out any meal is very unwise.

By using good judgment in choosing and serving the proper kinds of foods, you'll feel better, look better, and have a more enjoyable time. Keep your appetite under control. Losing weight is something only you can make yourself do.

**THANKS FOR NOTHING**

Opelika, Ala. — When a tire went flat on his car outside his small town, Charlie Platt went looking for help. He returned to find the car stripped of tools, fender skirts, air filter, floor mats, radio, hub caps and four tires. The thief left the flat tire for Platt.

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## Keep In Touch

Mrs. Clell Gansemer and sons, Alfred and Ronald of near Murray left Friday for Burbank, Calif., to visit at the home of Mr. and Mrs. Robert E. Sedlak, the brother of Mrs. Gansemer. Ronald expects to stay on the coast.

Mr. and Mrs. Clyde Jackson have returned from Rockport, Ill., where for several weeks they were guests at the home of Mr. and Mrs. Lee Mitchell and family. They report a very pleasant time.

A. C. Gerdes of Louisville was a Plattsmouth business caller on Thursday.

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**OPPD To Move Headquarters to Louisville Sept. 1**

LOUISVILLE (Special)—South District Headquarters of the Omaha Public Power District is to be moved from Ralston to Louisville Sept. 1.

Scott Beadle, manager of the OPPD South Rural District, has taken up residence in Louisville and will supervise operations throughout the South Rural District. On retirement of Orville Faust Oct. 1, he will direct the work of the Louisville Office.

District Headquarters are being moved to Louisville because of the town's central location in the territory, according to Charles Miller, manager of the Rural Division.

The district has purchased a 40,800 square foot site at First and Main Street for construction of a new office, garage and service headquarters building. Construction is scheduled to begin sometime in 1960.

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### Allied's Aid to Education Will Total \$283,000

Financial aid to educational institutions by Allied Chemical Corporation will total \$283,000 in the 1959-1960 academic year, the company said today.

Nearly one-half of the funds, which will be provided by the company's seven operating divisions, are in the form of graduate fellowships and scholarships with 48 colleges and universities participating in the program.

Eligible for the fellowships, which go to 38 institutions, are students in their final year of graduate study who have displayed a special aptitude for research.

The fellowships provide \$1,500 for students who are single and \$2,000 for those who are married and also made to the college, if not tax-supported. The aim of the fellowships is to develop technically trained leadership in the chemical industry.

The scholarships, going to 20 institutions, vary in arrangements, but in most cases cover tuition fees. Their purpose is to encourage students to major in chemistry, chemical engineering and architecture.

In addition to the fellowships and scholarships, grants in aid and research contracts with universities will amount to an estimated \$151,000, the company said. These grants are made by the company's General Chemical Division and will be used by nine institutions for research projects involving fluorine chemistry, agricultural chemicals and fluorinated hydrocarbons employed in aerosols and refrigeration.

About \$60,000 will be distributed by the company's Nitrogen Division among 30 agricultural schools for research on fertilizer problems, such as relative value of nitrogen fertilizers when applied to different soil types in spring and fall, the use of mixed fertilizers to improve the growth of Christmas trees, pulp wood and timber, and the use of urea as a fertilizer component. One of Nitrogen Division's three plants producing nitrogen fertilizers is located at LaPlatte north of here.

Grants by other divisions cover research on isocyanates, adhesives and methods to improve chrome tanning of leather.

### 26 Attend Summer Reading Course Party at Louisville

LOUISVILLE (Special) — A total of 26 members of the summer reading course attended a party at the library last week. Thirty-three older members enjoyed a party in the afternoon after the younger members had met in the morning.

Mrs. Fern Hlavac led the children in the pledge of allegiance to our new 48 star flag which was presented to the library by Arthur Palmer. Mrs. Hlavac then had a nice assortment of games and songs appropriate for the age groups.

Mrs. Earl Stiffler operated the movie projector used through courtesy of Ash Grove Co. and showed a film, Wild Animals of North America.

Mrs. Ackles, librarian, presented certificates to all the children who had read one or more books.

Blue ribbon certificates were given to members who had fulfilled the requirements of the reading course. Scott McGrew was the only member of the younger group to receive such an award.

Elaine Stohlmann, Linda Inman, Diane Dorn, Carol True, Kathryn Rumph, Janice Dorn and Judith Hutchinson were the older members to receive blue ribbon certificates.

Ice cream was served by the members of the Library Board. Mrs. Hlavac deserves special thanks for the enjoyable program which she prepared for the children.

When a man's pushing 50, that's exercise enough. — The Gosport, Pensacola, Fla.

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Great Northern Navy BEANS 2 Lb. Bag **25c**

Hy Klas Purple PLUMS No. 2 1/2 Can **29c**

Del Monte TOMATOES 2 303 Cans **45c**

Libby's — Cut GREEN BEANS 2 303 Cans **39c**

Ronco Elbo MACARONI 12 Oz. Pkg. **10c**

Ellis — With Beans CHILI No. 300 Can **29c**

Starkist Chunk TUNA Big Family Size Can **38c**

Campbell's — Vegetable Beef or Chicken Noodle  
**SOUP 2** NO. 1 CANS **28c**

Hy Klas — Red Pitted Cherries 2 NO. 303 CANS **37c**

Libby's — Whole Kernel or Cream Style Golden CORN 3 NO. 303 CANS **48c**

Morrell's — Prido Shortening 3 LB. CAN **48c**

Vanity Fair — Cleansing TISSUE 400 COUNT PACKAGE **14c**

Apple Bay — Pink APPLE SAUCE NO. 303 CANS **10c**

Del Monte — Bartlett PEARS 4 NO. 303 CANS **99c**

Wilson's — New Boneless Patio HAMS POUND **89c**

**RUBACK'S SUPER MARKET**

Prices Good Thru Thursday, Sept. 3rd. Right to Limit Quantities Reserved.

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SUNDAYS — 2 P.M. TO 11 P.M.

Anyone wishing to bowl on a team or to enter a team in League Play, please leave name at the alleys or phone...

**August Gall 6068**