

## Diabetes Facts

By Dept. of Health  
 State of Nebraska

In spite of continued progress in finding and caring for patients, diabetes is still among the ten leading causes of death in the United States.

What is Diabetes? It is a condition in which the body does not have sufficient insulin to use properly the sugar from foods that are eaten. The laboratory evidence of the disease is established by either blood sugar tests or urine sugar tests.

It develops in people from all age groups, but persons over forty, those with diabetes in the family, and those who are overweight are most likely to have it. Scientific figures show that 85 per cent of diabetes are overweight.

Diabetes is a serious disease and there is no cure for it, but the majority of those having it are able to live normal, useful lives. They are alive because their cases were detected early enough, and because they have followed their doctor's instructions and keep in close touch with him.

They are not invalids. Some of them need only control the intake of certain foods and thus regulate the production of sugar in the body.

Others will need insulin made

from the pancreas of certain animals in order to maintain a proper balance between food and their own insufficient supply. In addition to insulin and regularity in eating prescribed amounts of certain types of food, it is necessary to have moderate exercise in order to burn excess sugar in the blood and to prevent reactions.

It is the second group of diabetes about who there is need for special concern. An estimated million people in the United States have the disease and do not know it.

They should be found and helped as soon as possible, before the disease progresses into premature hardening of the arteries, kidney disease, gangrene, impaired vision, or other afflictions that accompany uncontrolled diabetes. Some of these unsuspected cases will be found through routine check-ups by family doctors.

It is recommended that everyone have regular tests so that, if the disease develops, it will be caught in its initial stages.

The test for diabetes is simple. All it takes is a sample of urine or a drop of blood and a few minutes of your time. How many of you who attended the State Fair passed up the opportunity of having a free test with the "Clintron" in the Hall of Health? Remember, the earlier diabetes is found, the easier it is to control.

Sleeping at the wheel is another way to keep the motorist from growing old. — Every-body's Weekly.

About the only rod the modern boy knows anything at all about is a fishing rod. — Louisville Times.

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### South Bend School Program Dec. 19

SOUTH BEND (Special)—The pupils of South Bend school will present their Christmas program Monday evening Dec. 19 at 7:30 at the Town Hall.

Mrs. Esther Buck and Mrs. Lawrence Durerr are the teachers.

## You And The Law

(One of a series "You and the Law" prepared by the Nebraska State Bar Association.)

**DEEDS**

As is true of many words in everyday use, the word deed has several meanings. It may mean an act, that which is done, a thing done, an exploit or a feat. But in law, the word refers to a written paper which conveys an interest in real property.

Deeds are used to transfer the title to real property. Frequently a deed is referred to as a "warranty" deed, a "quit-claim" deed or a "joint tenancy" deed. Other descriptive words are also used. These names may describe the nature of the deed, the manner in which the grantee takes title, or may refer to the grantor.

A deed may be called a "joint tenancy" deed. This means that the deed creates a "joint tenancy" in the buyers. The name "joint tenancy" refers to the estate created. The estate created refers to the title taken by the buyers or grantees.

The "strange creature has a scalded head like a lizard's, ears like a mule's, claws like a bear's, and a tail like a rat's. It wears a bony suit of armor like Don Quixote's."

To cross a creek, an armadillo gulps quantities of air, inflating its insides so it can float, and then paddles across. If the stream is narrow, the animal simply walks across the bottom, weighted by its heavy armor.

An armadillo litter almost invariably consists of four identical young of the same sex. They develop from one fertilized egg.

"Little Fellow in Armor"

Spanish conquerors of Mexico dubbed the animal armadillo, "little fellow in armor." Several species are common in Central and South America, the National Geographic Society says. But only the nine-banded armadillo (*Dasyus novemcinctus*), which is about the size of a house cat, has invaded the United States.

Dasyus has spread from the Grande country in Texas northward to Kansas and Missouri and eastward to Alabama. Introduced into Florida about 1920, the armadillo flourishes there, too.

In recent months, armadillos have started slowly out of western Texas. Biologists speculate that the migration is caused by a drought in the region or a gradual decline in the animal's food supply.

The armadillo relishes grubs, grasshoppers, and worms; it may down 40,000 ants at a sitting. It also eats insects such as termites, fire ants, roaches, tarantulas, and scorpions.

It usually forages at night, plowing into soft soil with its nose, snuffing and grunting. Its keen sense of smell enables it to locate insects five or six inches beneath the surface. It digs down with powerful front feet and flicks out its long sticky tongue to capture tasty morsels.

The armadillo has dim sight and poor hearing. It often concentrates so intently upon hunting that it ignores everything else, even potential enemies. Foraging armadillos have bumped into the legs of men.

Sinks From Sight

Alarmed, an armadillo may gallop clumsily into thorny underbrush or scuttle into a burrow. If escape is cut off, the armadillo digs so fast and furiously that it literally sinks out of sight. Once underground, it clings tenaciously to the sides of its burrow, withstanding the tugs of the strongest man.

When angered, the armadillo can jump up suddenly with

enough impact to knock out a dog's teeth or break a man's finger. This habit has cost the lives of armadillos who bounced against the undersides of automobiles straddling them.

The nine-banded armadillo can curl up into a protective ball formed by the telescoping joints of its bands. It uses this defense mainly as a last resort, because the armor does not completely cover its body, and a mountain lion, coyote, or dog can flip it over and tear open the soft belly.

Though the armadillo destroys many harmful insects, it still is mistakenly hunted as a pest, and for its edible flesh. It is known in parts of Texas as "poor man's pig."

Many young people are carrying a heavy workload, according to "The American Workers' Fact Book," published by the U.S. Labor Department. In 1959 as many as 38 percent of working students 14 to 17 years of age were employed from 15 to 34 hours a week, and 15 percent for 35 hours or more. Including its school work, the latter group "is in fact working almost the equivalent of two full-time jobs at once," the publication points out.

Of the 65 1/2 million workers employed in 1959, the U.S. Labor Department's Bureau of Labor Statistics has estimated that about 16.2 million earned their living in factories.

**'Little Fellow in Armor' Is a Real Hodge-Podge**

The armadillo would be a strong contender in any contest to pick North America's oddest mammal.

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### ALL AMERICAN DESSERTS

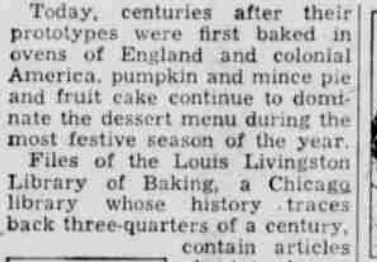
America's near-reverence for its traditions, coupled with a fondness for good eating, has made almost unnecessary the question, "What's for dessert?" at the principal meals served during the holiday season.

Today, centuries after their prototypes were first baked in ovens of England and colonial America, pumpkin and mince pie and fruit cake continue to dominate the dessert menu during the most festive season of the year.

Files of the Louis Livingston Library of Baking, a Chicago library whose history traces back three-quarters of a century, contain articles about (and even recipes for) the pumpkin pies of ancient Greece and Rome, the mince pies of medieval England and the fruit cakes of early Egypt.

Today, America's bakers report that the exacting test of time has made these desserts as typical of the holiday season as roasted turkey, the sound of sleigh bells and audacious choristers.

In capsule form, the Library of Baking reports that English bakers sold "Pumpion pye" more than six centuries ago and that



the recipes brought to the colonies were basically the same as those of today. Typical mince pies of medieval England weighed more than 100 pounds and their crusts were coned by iron bands in baking. The first actual fruit cake is thought to have been baked in Egypt several centuries ago from ground wheat, rare spices, oil and honey. It, too, came to us from England.

While these desserts remain basically the same, the modern baker, through years of experimenting with ingredients, techniques and processes, has developed holiday pies and cakes especially suited to the native appetite of Americans.



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## Work Starts On Studies of Ag Products

By Pearl F. Finigan  
 State Director of Agriculture

Work has commenced on two important new chemistry studies at Midwest Research Institute.

Dr. E. W. Beadle, director of the Chemistry Division at MRI said formal signing of the contracts last week would give Nebraska the efforts of approximately eight more scientists.

One of the projects will evaluate amylose starch as a raw material in the manufacture of soluble and insoluble packaging films and in adhesives.

The goal of the project is to increase the demand for high amylose industrial corn which was grown in Nebraska for the first time this year near Central City with the cooperation of the Merrick County Agricultural and Industrial Corporation and American Maize Products Company of Roby, Indiana.

The other project will seek to discover new products such as detergents, surface coatings, resins, explosives, gelling agents, antioxidants, plasticizers and pharmaceuticals from a reaction discovered by Dr. Carl B. Linn of Universal Oil Products Company, who is also a former Nebraskan.

A third contract formally signed initiated an economic study into agriculture's role in the growing fermentation industry.

Governor-elect Frank B. Morrison visited Midwest Research Institute last week to talk with officials about L. B. 722 research and its implications for increasing Nebraska's industry as well as raising farm prices.

Dr. Charles Kimball, president of MRI conducted Mr. Morrison on a tour of the laboratory facility.

Mr. Morrison also visited with scientists actually working on Nebraska's wheat gluten study.

"If we had given the same attention to market development that we did to greater crop production there would be no surpluses," Morrison said.

Governor-elect Morrison also supported the introduction of new crops into Nebraska as a means of increasing farm income and reducing surpluses.

You don't have to go all the way to the North Pole to find Santa Claus — he has a home in Indiana. Hoosiers named a small town after the plump gift-giver and put up a statue of him dedicated to "The Children of the World." In a typical year, some four million pieces of mail pour into the post office of the town, to be remailed with the postmark "Santa Claus."

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## Winter Camporee For Three Rivers District Scouts

"Don't hibernate, participate" is the challenge issued this week by the Commissioners in the Three Rivers District to all Boy Scouts.

For the second year, the Scouts (including those in Weeping Water, Nehawka and Elmwood) are being given the opportunity of taking part in a Christmas vacation winter camporee at the Cornhusker Scout Reservation.

The program has been greatly expanded over last year's and activities especially planned for winter camping are being prepared.

The event will open Dec. 29 at 2 p.m. and end at 2 p.m. Dec. 31. Henry Flau, District Commissioner from Nebraska City stressed the need of each unit bringing its own food, cooking gear, and tentage. Unlike last year's Freeze-o-ree, there will be

no inside sleeping. "This is He-man camping," Flau emphasized. "We plan to be inside only for the evening activities the first night and a 'warm-up' snack just before going to bed both nights. This is what they are asking for."

"Several of our plans involve snow and it isn't very fast in coming," commented the Commissioner. "It may be necessary to revise our plans though I doubt that swimming will be promoted," he chuckled.

Scouts interested in attending should make reservations with their Scoutmasters by December 19th to insure a place for them at the Camporee. Scoutmasters have been mailed special posters and information about the event.

**ONE HOUR COLD TREATMENT**

It takes just ONE HOUR to use BQ #6. Take two tablets (one white, one brown) each half hour until 3 doses are taken. Then in another hour, if not pleased, get your 69c back at any drug store. Today at Schreiner Drug.

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This will be the biggest auction of houses to be sold in Omaha in one day.

They will sell on each individual property starting at 9:00 A. M. starting with a house located at 2817 Shirley Street.

For further information as to whether the houses can be moved or for salvage, contact DR. TROTTER, 2205 South 29th Street, Omaha, Nebraska from Sunday, December 11th to Saturday, December 17th from 12:00 P. M. to 7:00 P. M.

On houses to be salvaged the buyer takes what he wants and leaves what he doesn't want.

All wrecking permits will be furnished by C. S. Ehinger, demolition contractor.

Approximately 20 of the 60 homes are good modern homes and can be moved. The balance will be sold for salvage.

If you are looking for a new furnace, bathroom fixtures, modern kitchen equipment, or in need of some good lumber worth the money, this is the place to be SATURDAY, DECEMBER 17th at 9:00 A. M.

**REMEMBER, YOU DO NOT HAVE TO CLEAN UP ANY OF THE DEBRIS.**

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