

GOOD YEAR SEEN FOR RAILROADS

Unprecedented Prosperity Due, Head of Chicago, Northwest Line Says

By Fred W. Sargent
(President, Chicago and North Western Railroad)
CHICAGO (AP)—In my opinion we are going to see an era of unprecedented prosperity during 1929, especially in the Middle West and North West.

The national program for internal improvements, together with state and municipal programs, general high level of wages and the constantly improving condition of agriculture all point that way. By the end of another year we will be about through with the effects of post-war deflation, even in the agricultural regions. I believe we will see a better readjustment of rate structures as railroad officials and business men, including farmers, learn to solve these problems about the conference table. I have faith to believe the public is going to demand that the railroads be given an opportunity in this Middle West and Western territory to compete with the Panama canal without at the same time breaking down all intermediate rate structures. When this is done it will help materially to develop manufacturing, jobbing and farming, and will open markets which we now have difficulty in reaching on a fair competitive basis.

By H. A. Sandrett
(President, Chicago, Milwaukee, St. Paul & Pacific Railroad)
CHICAGO (AP)—The year just closing has witnessed a distinct improvement in agricultural and general business conditions.

While the territory lying between the Great Lakes and the North Pacific coast, served by the Milwaukee railroad, has many regions rich in timber and minerals, as well as large manufacturing centers, it is mainly a farm and range country and therefore farm results have an important effect upon all other lines of business, including the railroads.

In 1928 crops were good, although in some respects not as good as in 1927, and the farmers' financial condition has continued to improve. They have been buying more freely, adding to farm facilities and machinery.

As so much depends on the result of farm operations and that in turn depends on the weather during the growing and maturing seasons, it is not possible this time to make a forecast of 1929 beyond the statement that present conditions should carry over into the early part of 1929 at least. The general improvement in our part of the country in recent years has given a new stimulus to the development of the Northwest and the outlook at the present time is encouraging.

OUT OUR WAY



THE STRAIGHT AND NARROW.

By Williams

HEALTH

A TROUBLESOME AFFLICTION—COLDS HOW TO COPE WITH THEM

By Joseph W. Miller, M. D.
One of the most frequent, annoying and troublesome afflictions affecting man is no doubt acute coryza; commonly but wrongly termed a "cold." It attacks more persons than all other diseases combined. It is more frequent and severe at some times than at others, and is by far more prevalent in the temperate zones where human beings are most plentiful.

The causes of this malady are various. In most cases infection is brought about by external conditions either through virulent germs ever present in the atmosphere or less frequently through mechanical or chemical irritants. Formerly, it was the opinion of many that "catching cold" was due mainly to sudden variations in atmospheric temperature and pressure. Today most physicians agree that exposure to cold and damp acts only as a predisposing factor; in as much as it may bring about changes in the circulation of the mucous lining of the nasal chambers and so prepare a fertile soil for bacteria to grow and multiply, giving rise to acute nasal catarrh.

Factory workers exposed to dust, smoke, gases and other chemical irritants are frequently attacked by acute rhinitis that later on may become chronic.

The symptoms of rhinitis before the free flow of secretion sets in are most marked, and are characterized by dull pain between the eyes and in the region of the forehead. Other symptoms are a feeling of fatigue and a sensation of burning, itching or tickling in the nose, most frequently extending backwards and downwards into the throat. Just about when the sneezing attacks subside, the flow of secretion sets in.

The lining membrane of the nose is frequently so swollen that the sufferer is forced to breathe through his mouth. This condition may often bring about secondary changes in the lower air passages. Usually the sense of smell is either diminished or entirely lost.

Due to the fact that the nasolacrimal duct, whose function it is to carry off the tears into the nose, runs through the inflammatory area, it frequently becomes involved with consequent tearing from the eyes. The infection may also involve the nasal accessory sinuses, whose hollow bony chambers located above, to the sides and in the back of the nose. Also, it may descend downwards involving the larynx, trachea, bronchi and bronchioles, names given to the various divisions and ramifications of the lower air passages. Frequent attacks of acute rhinitis may result in chronic rhinitis with its varied complications.

The treatment of this frequent affliction should therefore be calculated to prevent future attacks. This is best accomplished by raising the body resistance to the disease by means of daily cool showers, moderate and regular exercise,

Big Broadcasters Are to Fight Movement to Cut Station Power

WASHINGTON (AP)—Representatives of the big broadcasting stations are preparing to combat the move in congress to reduce station power to a maximum of 10,000 watts.

If the efficient high power stations are supplanted by a large number of "weak local plants," rural listeners will be deprived of good programs, the big broadcasters declare. Instead of eliminating interference the situation will be worse than ever, they contend.

Owners of the successful, high power stations are of necessity competent judges of the value to listeners of power in transmitting programs, they claim. F. Clifford Ealey, representative of W.L.W. Cincinnati, which now is operating with 50,000 watts, says that station is run primarily to build good will for its owners and that no station owner is going to do anything that will have a tendency to destroy

that good will. "One must not overlook the fact that when super-stations such as WJZ, KDKA and WGY opened a storm of protest arose because of their apparent broadness, but it soon died down," he said. "A station of this type cannot be broad; it may only appear broadly tuned on obsolete receiving sets or those improperly designed and in many cases is due to an antenna connected to the receiving set that is far too long for selective operation."

"Present objectionable whistles and squeals are due to the fact that many stations do not and many cannot stay on their prescribed wavelengths because of inadequate equipment—a station with crystal control cannot get off its channel." Another important step which would help clear up the air would be for all stations to be required to use 100 per cent modulation."

Raspberry rust is causing considerable loss among Oregon red raspberry canes, according to frequent communications to the Experiment station. This rust causes lesions on the stem which brings about breakage when the canes are tied up to trellises. Nothing can be done at this season of the year in the way of control, but losses may be reduced earlier through removing old canes promptly and cleaning up fallen leaves and other refuse. Such sanitary measures usually keep the disease from becoming serious.

Although some flint corn varieties in trials at the Experiment station have made heavy and fine-stalked silage, far better yields are obtained in most sections of Oregon with other varieties. In the Willamette valley the McKay yellow dent has proved the highest yielding silage variety for five years. The standard grain variety is acclimated strains of Minnesota 13. The latter is also used for allage in sections where early maturity is a factor.

light clothing, a well-balanced diet, sleeping in well ventilated rooms and vaccine injections. Nasal obstruction, malformations, new growths and other surgical conditions should, of course, be treated surgically.

To break up the "cold" we still use the age-old sweat producers, such as hot foot-baths, but drinks, certain powders and then to bed between woolen blankets. There the patient is kept for about two hours, rubbed dry and changed to a freshly prepared bed. Fever-reducing drugs are sometimes of value. But before resorting to drugs, a good brisk cathartic and a high cleansing enema will surely help a great deal. And last but not least, consult your family physician eye it goes too far and prior to development of complications.

Oil emulsions applied during the dormant period are effective against the San Jose scale, the oyster shell scale, the scurfy scale and the terrapin scale. Applied as a delayed dormant spray, oil will control certain scale insects and is of special value in killing the eggs of the green apple aphid, the rosy apple aphid, the leaf roller and red spider mites. Oil is safely applied, however, only when the temperature is above 40 degrees.

A teaspoonful of table salt added to one pint of cooked or uncooked starch will prevent the starch from being whipped out of the garments by the wind whic drying, and also from freezing in severely cold weather.

How to make canned vegetables even more appetizing

The taste of nearly all good foods is improved with sugar



SCIENCE now knows that the great majority of the canned fruits and vegetables on the market today are rich in vitamins.

This is great news to all who wish to be well fed and healthy. In order that your family may relish these healthful foods, be sure that they are served in the most appetizing way possible. For example, add one level teaspoonful of sugar to one can of corn when heating it for serving. One rounded tablespoonful, at least, of sugar should be added to one can of tomatoes to develop the taste and make them palatable and delicious. The flavor of the canned peas is improved by adding one-half to one teaspoonful of sugar to each can, and for string beans add one-fourth to one-half teaspoonful per can. The general rule is that all canned vegetables should be sweetened to taste so that they will be more enjoyable.

As a nationally recognized medical authority says, . . . "canned tomatoes after three years were as rich in vitamins as raw tomatoes. . . . canned strawberries were also found to equal raw strawberries in vitamin content." He names numerous other canned fruits and vegetables and all were found rich in vitamins.

Welcome the canned foods to your table. To do so is to welcome health to your home. Eat plenty of varied, nourishing food, sweetened for taste and rest. A bit of sweet makes the meal complete. The Sugar Institute.

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