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BAWLING UP OUR COLLEGS.

A 1927 football hero, Jeff Burris, graduate of Wisconsin, takes a shot at college football. A journalism professor in the University of Alabama, partially upholds Burris.

The professor
He believes that the exploitation of physically endowed young men—some of whom have inherited athletic ability—by the college game is something less than one ought to expect as the basis of a career. He discovered in his junior year that the possession of a good physique is a powerful asset, that modern football was not really an amateur sport at all—that it was from the outside a great contest of means of which universities kept up the loyalty of athletic students, and he pressed the general taxpayers; from it, inside, a relentless industry which built commodities of various kinds, the blood and sinew and carefully nurtured college spirit of the players.

Just now the University of Oregon is in a mess over the demand of its head coach for a new contract, and his announcement, when the contract was not at once forthcoming despite circumstances that made immediate renewal impossible, that he is going to sever his connections with the university. The squabble has resulted in unwarranted criticism of President Hall, who seems to have the ball.

Oregon lost its recent game played in Florida. Again President Hall is undeservedly criticized because he refused to permit several of Oregon's best men to accompany the team, and his reason for so doing was that they were behind with their studies. Some may wonder why put studies above football. What is a college for anyway?

Those who have never lived in the south find fault because colored Oregon men were left at home in deference to the wishes of the Florida college. Those who have lived in the south know why, even in college sports, blacks and whites can not intermingle. Those who have never lived in the south are not sufficiently informed to qualify as critics.

The Carnegie foundation, in a recent report, criticized various colleges because of alleged professionalism in football and other practices that removed it from the realm of sport for sport's sake.

The Portland Telegram, Corvallis Gazette-Times and other papers are condemning the University of Oregon because several students who went to Corvallis and daubed a college building with paint have suffered reduction of their scholastic standings.

This writer doesn't know much about running a college, but he has a well formed and definite idea that kids are sent to college primarily for the purpose of education. We have confidence in the heads of our institutions of higher learning, and it is just a wee bit of satisfaction to see them putting education above football, smart-aleckism and the other isms and fads that some seem to believe subjects in which to major.

The Eugene Register says a new revolution in China affects the price of eggs in Oregon. Presumably by stopping the importation of Chinese eggs that always smell the way we imagine a Chinese revolution would smell. But we are wondering what the Register meant by revolution. If it meant that the chinks have completed another circle, or something of that sort, it is on safe ground, but if it used "revolution" in the way that papers are inclined to use that term, it may hear from the Portland Spectator, which writes that a revolution means replacing one government with another, while in China there is hardly enough government so that a change would be a revolution. But this may be merely traveling around in a circle.

We don't know whether there is a Santa Claus or not, and we don't care now that the Christmas issue of the Portland Spectator has arrived. If anything it surpasses previous issues, while if it were only half as good as those that have gone before it would be 100 per cent ahead of any other publication telling in picture and story of the resources and beauties of a great state. Some of the snow in winter scenes, and water in creeks and lake scenes appear brown, but we have things different in Oregon. A thing we particularly like about the Spectator's Christmas edition is that whatever we say complimentary about them will be reprinted in the Spectator without having the English corrected.

A Finn from Florence, Ore., who has become a student at Oregon State college, wrote a letter to his home paper in such broken English as he was able to command. The Salem Capital Journal and the Albany Democrat-Herald use the letter as evidence that English requirements which permitted such a student to enter are too low. What about the English of the graduate who writes like this? "Sure had a keen time with the big moment at the dance last night. A mob of us had a little party afterwards and two of the skirts left because the party got rough. Wouldn't they stay you?" We'll take the Finn's broken English, because we can make out what he means.

If it is possible to build a large canal as far as Springfield, which is now proposed, it would also be possible to extend it to Cottage Grove. Of course it takes some imagination to see a canal built this far, but stranger things have happened, and will happen again. Were the probable returns large enough the engineering problems would be quickly solved. Water transportation would revolutionize the industrial situation here and would make paper mills and other wood using industries a certainty.

With long dresses coming back, a man will have to wait until he sees a woman's face before being certain who she is.

The Oregon City Enterprise finds that there is a Santa Claus, and that he has induced the state tax commission to cut two and a half millions off the property tax for next year. The corporation excise tax and the intangibles tax (both forms of income tax) gave Santa the opportunity to show the tax commission that the cut could be made. The excise and intangibles taxes were among the recommendations of the property tax relief commission of which the editor of the Enterprise, E. E. Brodie, and the editor of the Corvallis Gazette-Times, Claudius Elclair Ingalls, were distinguished members.

Judge Ben Lindsey has been disbursed in Colorado because he took \$37,500 as a fee in a case in his own court. Possibly Ben was merely trying out some of his companionate theories and was just keeping the money a little while to see whether he wanted it or not.

The Spectator confidently believes that if all the people who have been buying on the installment plan meet their payment next year, 1930 will be the most amazing prosperous twelve-month in the country's history.

There would have to be quick turnover on available cash to make it go around.

Great geniuses arise at the moment they are most needed and are often men who would have gone through life attracting no particular attention except for peculiar circumstances that brought them into the limelight.

Edison claims to be able to build an auto that will run 15 years. If he can make one that will stay in the line that long his everlasting fortune is made.

A college professor proposes to do away with the college yell. Now the students have a holler coming.

Religion makes a good cloak, but it doesn't take the place of clothes when it comes to going to church.

THE WORRY DISEASE.

(By DENCAN P. CAMERON.)
Cynical people often jeer at good resolutions. That may be because they have never had the strength of will and character to keep the resolutions they made. But nothing great or good or permanent in value has ever come to anyone without the will to have it so.

One resolution that the people of our city and every community should make just now is to cease worrying. Multitudes of people worry about things that can never happen to them. Many are anxious about the sickness in the city and are worrying in a helpless manner about it. Quite a number that the writer has talked with have this disease and they know it not, some with it bordering on the incurable stage. Let us examine ourselves, and if we have one germ of the worry habit, begin treatment at once. Some years ago Dr. Saleeby, an English specialist, published a book called "Worry the Disease of the Age." Probably had he written that book today he would have called it "Worry the Universal Epidemic." Dr. Beard, an American specialist, in a book titled, "America's Nervousness," says, "Worry is the one great shortener of life under civilization." We pray, "From plague, pestilence and famine; from battle and murder, and from sudden death, good Lord deliver us." We might save time by shortening up that petition of the litany and praying, "From war and worry good Lord deliver us." If you have caught the contagion of worry, act quickly and throw it off, lest a worse thing come upon you.

The first remedy is will power. Do not let yourself worry. If your neighbors are sick and if distress seems to be in the air, put all to flight by bringing the will to bear. Look on the bright side of life. If business is not so good, keep that fact hidden and to the outside show a smiling countenance and an optimism of spirit that will not be defeated. See the beauty of life, feel its joy, share in and contribute to its good cheer. Here is one man's word to the writer of this, "From the instant I realized that these cancer spots of worry and anger were removable, they were removed. They were exercised. From that time life has had an entirely different aspect. All at once the whole world has turned good to me. I have become as it were sensitive only to the rays of good." That man learned that happiness or unhappiness good humor or irritation were not dependent upon outward circumstances, but upon the inward state of his own mind. As soon as he discovered that fact, he had the cure for his worry.

A still more powerful remedy for worry is religious faith. We often hear of long-faced piety. There is no such thing as long-faced piety. It is long-faced impiety. The long-faced man who professes to be a Christian is only trying to pull the wool over your eyes, he is the kind I like to loan a small amount of money to, for I know well I shall never see his face again. The man who has really caught the meaning of faith, trust, confidence in God, must by that very fact become a cheerful soul. The doleful owls of religion have a long way yet to go before they become really religious.

Oh, these Christians that love the night better than the day, gloomy, superstitious and suspicious. Oh, melancholy is the owl perched in many a man's soul. Dr. Saleeby, quoted above, says, "Worry is something which may be transcended and the power by which it is transcended is trust in God and the service of man." Professor James, the noted psychologist, writes, "The sovereign cure for worry is religious faith. The turbulent billows of the fretful surface leave the deep parts of the ocean undisturbed, and to him who has hold of vaster and more permanent realities, the hourly vicissitudes of his personal destiny seem relatively insignificant things."

These men are only saying what Jesus said in briefer and more powerful form in this sentence, "Seek ye first the kingdom of God, and His righteousness and all these things will be added unto you." This is literally true. In the quiet mind the contented spirit, the large

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Christmas Cards, Sentinel.

AMERICAN LINE WOOD

Office Desks

MACEY LINE

Steel Desks

THE SENTINEL

Relief From Curse

Of Constipation

A Battle Creek physician says, "Constipation is responsible for more misery than any other cause." But immediate relief has been found. A tablet called Rexall Orderlies has been discovered. This tablet attracts water from the system into the lazy dry, evacuating bowel called the colon. The water loosens the dry food waste and causes a gentle, thorough, natural movement without forming a habit or ever increasing the dose.

Stop suffering from constipation. Chew a Rexall Orderly at night. Next day bright. Get 25 for 25c to day at Kem's for Drugs.

Summer lingers all

the way... on this

Southern

route to

the East

Two other routes from California to mid-west and eastern destinations—OVERLAND ROUTE, San Francisco to Chicago; GOLDEN STATE ROUTE, Los Angeles to Kansas City and Chicago.

The fare way of California is but a very small fraction more than any other way. Phone or call on your local agent for further details of this trip east through southern sunshine.

Southern Pacific

Write or ask at any Southern Pacific office for the illustrated booklet—*"East From the Pacific Northwest"*

T. M. BOYD
Agent

ennobling view of life which comes from faith in a good God, who is over all, a man escapes from the misery and bondage of the little worries and cares which render life unbearable to other men.

Let us of Cottage Grove be cheerful optimists, realizing that nothing untoward can come our way that cannot be overmatched by the greatness of the God in whom we believe. Beside that fact I take my stand, I call each and every one to take up the tasks, go forward, unafraid, putting worry to flight, repeating joyously, "Thou wilt keep him in perfect peace, whose mind is stayed on Thee."

Church News

Lutheran Mission—Adventist church, west Main street. Martin P. Simon, pastor. Divine service at 7:30 the first and third Sunday of each month. All Lutherans, irrespective of nationality, are cordially invited as well as those who are without a church home.

Pentecostal Assembly of God—East Main street, across from P. station. Addie B. Sugg, pastor. Sunday school at 9:45 a. m.; services at 10:45 a. m.; young people's meeting at 7 p. m.; evangelistic services at 8 p. m.; meetings Bible study, Wednesday; prayer meeting, Thursday; services with young people in charge, Friday; street meeting, Saturday at 7:30 p. m.

Church of Christ—(London, 12 miles south of Cottage Grove)—Sunday services: Bible study 10 a. m., worship 11 a. m., scripture study 3:30 p. m.

Seventh Day Adventist Church—West Main street, Saturday. Sabbath school at 9:45 a. m., church service at 11 a. m. Prayer meeting at 7:30 p. m. Wednesday. Any one welcome.

Free Methodist Church—Corner of Monroe avenue and south Fifth street. Miss Fitcher, pastor. Sunday school at 10, forenoon services at 11, evening service, 7:30, sermon subject, "Why Be Happy at Christmas Time?" A cottage prayer service will be held at 7:30 tonight at the home of Miss Elsa Nilson. Attendance and interest is increasing with each of these meetings and those attending are asked to bring their bibles. Mrs. Clyde Butler will be the leader and the subject will be "Answered Prayer."

The Highway Baptist Church, Louis Henry Randle, pastor. Church school, 9:45, W. L. Leonard, superintendent, morning service, 10:45. There will be a special Christmas program in which children and adults will participate. The sermon subject will be, "The Arrival of the Lord of Lords." Each member of the church and church school is asked to bring gifts for the white Christmas, consisting of food supplies for the needy and money for the church. All will be put on the Christmas tree. Junior R. Y. P. U., 6:30; Hi B. Y. P. U., 6:30. Georgia Clark, leader; evening service, 7:30, sermon subject, "Why Be Happy at Christmas Time?" A cottage prayer service will be held at 7:30 tonight at the home of Miss Elsa Nilson. Attendance and interest is increasing with each of these meetings and those attending are asked to bring their bibles. Mrs. Clyde Butler will be the leader and the subject will be "Answered Prayer."

Christmas Cards, Sentinel.

CHRISTMAS CANDIES

Finest "Holiday Sweets" now on display in all MacMarr Stores

SATIN FINISH MIXED—Bright colors—2 lbs. 25c

BROKEN MIXED—A popular holiday item—2 pounds 25c

FRENCH CREAMS—Fancy hand made assorted flavors, lb. 24c 69c

CRYSTALLIZED CREAMS AND JEL-LIES—A pleasing assortment pound 19c; 3 pounds 55c

CHOCOLATE DROPS—Assorted flavors, sugar cream centers—pound 19c; 3 pounds 55c

HERSHEY CHOCOLATE BARS—Plain or almond—10c

Peels

CITRON—Fancy Torselli, pound 39c

ORANGE OR LEMON PEEL, lb. 29c

DROMEDARY SLICED CITRON, 1/4 lb. pack, ages 15c

Puddings

Ready to Serve

HEINZ PLUM, 1-lb. 37c

CANADA DRY GINGER ALE, 3 bottles 57c

Dickinson's Grape Juice

Pint Bottles 29c

Quart Bottles 57c

Pineapple

Dole's Fancy Pack, Sweet Treat Sliced—No. 2, 25c

Sugar

Powdered sugar, 1 lb. pkgs., 3 for 25c

Brown sugar, in bulk, 3 lbs. 19c

Granulated sugar, always at wholesale prices or less

NUTS

All our Nuts are selected 1929 Crop

WALNUTS—Groner's Fancy Oregon Franquettes, 3 pounds \$1.00

BRAZIL NUTS—They're Cheap this year; Pound 15c

ALMONDS—IXL Fancy Soft shell; pound 39c

MIXED NUTS—Excellent stock—No peanuts in our mixture—2 pounds 49c

PEANUTS—Fresh roasted; pound, 15c; 3 pounds 43c

For That Boy's Christmas

MACMARR COASTER WAGONS, each \$3.98

Honestly built—Heavy rubber tired disc wheels.



Christmas time is "goodie" time as well as gift time. And what a treat is in store for you at MacMarr's! For months our trained buyers have searched the world's best markets for the most desirable items for Yuletide. These seasonable items are now here in abundance awaiting your selection. So do your Christmas food buying early at MacMarr's.

Yuletide Offerings Effective Dec. 21 to Dec. 24, Incl.

CHRISTMAS CANDIES Finest "Holiday Sweets" now on display in all MacMarr Stores SATIN FINISH MIXED—Bright colors—2 lbs. 25c BROKEN MIXED—A popular holiday item—2 pounds 25c FRENCH CREAMS—Fancy hand made assorted flavors, lb. 24c 69c CRYSTALLIZED CREAMS AND JEL-LIES—A pleasing assortment pound 19c; 3 pounds 55c CHOCOLATE DROPS—Assorted flavors, sugar cream centers—pound 19c; 3 pounds 55c HERSHEY CHOCOLATE BARS—Plain or almond—10c	Peels CITRON—Fancy Torselli, pound 39c ORANGE OR LEMON PEEL, lb. 29c DROMEDARY SLICED CITRON, 1/4 lb. pack, ages 15c Puddings Ready to Serve HEINZ PLUM, 1-lb. 37c CANADA DRY GINGER ALE, 3 bottles 57c Dickinson's Grape Juice Pint Bottles 29c Quart Bottles 57c Pineapple Dole's Fancy Pack, Sweet Treat Sliced—No. 2, 25c Sugar Powdered sugar, 1 lb. pkgs., 3 for 25c Brown sugar, in bulk, 3 lbs. 19c Granulated sugar, always at wholesale prices or less	NUTS All our Nuts are selected 1929 Crop WALNUTS—Groner's Fancy Oregon Franquettes, 3 pounds \$1.00 BRAZIL NUTS—They're Cheap this year; Pound 15c ALMONDS—IXL Fancy Soft shell; pound 39c MIXED NUTS—Excellent stock—No peanuts in our mixture—2 pounds 49c PEANUTS—Fresh roasted; pound, 15c; 3 pounds 43c For That Boy's Christmas MACMARR COASTER WAGONS, each \$3.98 Honestly built—Heavy rubber tired disc wheels.
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SWANSDOWN Cake Flour, Large Package 28c

SUGAR—granulated, always at wholesale prices or less

BAKER'S PREMIUM CHOCOLATE —1/2 lb. cakes—2 for 39c CRANBERRY SAUCE —Ocean Spray Brand—1-pound tins, 2 for 45c ROYAL BAKING POWDER , 2 1/2 pound tins for \$1.23 12 oz. tins 39c AMAIZO CORN STARCH —1-lb. pkg., 3 for 25c INSTANT POSTUM —8 oz. tins 39c JELL-WELL , All flavors—3 packages 19c LAYER FIGS —Fancy 5 Row, 10-lb. box \$1.39 2 pounds 29c BLUE RIBBON MALT , 3 pound can 55c POP CORN —Guaranteed to pop. Fancy Bulk, 3 pounds 25c SOUP —Campbell's Tomato, No. 1 tins, 3 tins for 25c OYSTERS —American Beauty—No. 1 tins, 2 for 29c	Glaze Fruits Fancy Quality CANDIED PINEAPPLE, lb. 49c CANDIED CHERRIES, lb. 49c Searchlight Matches 6 boxes 25c or Emerelettes, small jars each 15c Hershey's Cocoa 1/2 pound tins 13c 1 pound tins 25c Crisco 1 pound tin 25c 6 pound tins \$1.39 Best Foods Mayonnaise, pt. jars 37c Cocoanut Bulk Sweetened, lb. 25c	Raisins Choice Seedless, 4-lb. bags for 25c Dates PITTED, cello-package 10 oz. 2 for 45c DROMEDARY package, 10 oz., 2 for 45c FANCY BULK HAL-LOWAYS , 2 lbs. 25c Lipton's Tea Yellow Label—Orange Pekoe—1/2 lb. tins 45c Fruit Salad Libby's Fancy quality No. 2 tins 29c Comb Honey Extra fancy quality, 2 lbs. for 45c Ripe Olives Del Monte Mammoth, pint tins—2 for 39c	SHRIMP —Dumbar or Gulf-Kist, No. 1 tins, 2 for 29c OYSTER COCKTAIL SAUCE —Snider's New pack 1/2 pints 24c CORN —MacMarr Del Maize Golden—No. 2 tins, 3 for 49c STRINGLESS BEANS —Allen's Pride fancy baby whole—No. 2 tins, 2 for 45c SWEET PEAS , Del Monte Early Garden, 3 cans for 49c LIBBY'S OR MACMARR MILK , tall cans, 3 cans for 25c SPAGHETTI —Franco-American prepared—18-oz. tins, 2 for 19c ASPARAGUS TIPS —Hillsdale Ungraded No. 1 square tins 25c LARD OR VEGETABLE SHORTENING —In bulk, 3 lbs. 49c DEL MONTE OR SNIDER'S CATSUP —Large Bottles, 2 for 39c HEINZ CIDER TABLE VINEGAR —Pint bottles 15c
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MacMarr Coffee

Our Coffee will add joy to your Christmas Day

1 lb. 39c

3 lbs. \$1.15

MACMARR STORES