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WORRIES.

(A Worthwhile Editorial Selected by the National Editorial Association.)

In the official bulletin of the American Educational association, I read an essay on "Worries," which was very interesting and true. "Worry is not a feeling of downheartedness at actual obstacles and difficulties," it read. "It is not fear of real danger. It is fear of the unknown. It is not the danger we face that sends cold shivers galloping up and down our spines. It is the danger we cannot see. And this danger that we imagine lurks right around the corner may have no other existence than that which we give it in our imaginations."

"I am an old man," said a philosopher, "and I have had many troubles, but most of them never happened."

And so it is with all of us. Our trouble is that we persist in forming judgment before we have the facts upon which we form it. We are afraid something unpleasant or unfortunate may happen, and immediately we begin to take it for granted that something unpleasant or unfortunate is bound to happen. And so we give way to worry.

Such state of mind tells two things. It tells first that one lacks a sense of humor, and, second, that one lacks common sense enough to suspend judgment until whatever is really going to happen has a chance to show itself.

Worry is a term that describes more than our reflections to material influences. It applies to personal affairs, also. For example, we often say of a person who does not quite fit our ideas, that we are worried about what he may do next. Possibly this worry, as we call it, does not arise out of anything he has ever done. It is simply that we do not understand what is going on in his mind, and what his intentions may be. Ten to one he is using better judgment and effort than we give him credit for and what he does will not harm us—may even be of benefit. But we do not understand, and, therefore, we worry about it.

Sometimes we worry about our work. We are afraid that the plant may close down or go on half time, or that our job is going to be handed to somebody else, or that someone else is going to get a certain promotion. So we allow ourselves to be so perturbed in mind that it seriously interfers with getting things done, and helps to brings on the very trouble we fear.

Worry is never helpful in forming judgment according to facts. It does not assist in bringing about the best that can happen. Worry jumps at conclusions, passes judgment in advance of events, and does its damage before reason has a chance to come to the rescue.

To persist in worrying is to deal a death blow to health and vitality.

Doctors are very frank in their declaration that worry poisons the whole human machine. It not only plays havoc with the nerves, but serves in turn to interfere with the natural working of all bodily functions. The great tragedy of worry is that it is so futile as a force in combating the unknown. Events do not yield to worry. They can only be met by thoughtful preparations. The person who wastes no energy in worry has more strength to meet the problems of each successive day.

Some people find it easier to worry and fret about others' success than to prepare for their own good, and about the possible ill fortune of tomorrow than to get busy, and make sure that tomorrow will bring good fortune instead of ill. But worry is never easy on its victim. It is a feeling to fight off and put out of mind.

Radio Ray has this to say:

HOWDY FOLKS—It is appropriate after all that January be designated National Laugh week. When some of us paid our Christmas bills, we not only laughed, we got hysterical.

• • •

"Where are those Christmas candles, dearie, I guess I forgot to pay the light bill."

• • •

Don't forget that we know radio. Six years in that business prove it.

• • •

Household Hint.
To convert the electric fan into a radio, toss an egg in and watch it broadcast.

• • •

Philco sold more sets than any other radio manufacturer last season. Philco is the largest selling line of radio built. WE sell PHILCO.

• • •

Earl Hill says the latest drink is "Week End" hootch. You drink it on Tuesday and the week ends right there.

• • •

We are not much of an authority on the latest drinks, but we do claim to be an authority on radio sets. Next time you need some thing in that line, make us prove it.

• • •

Bill Thum told us the one about the Scotchman who resumed golf after two years. He found his ball.

• • •

But we can't give the Scotch much more advertising or people will think we are Scotch. Which we are not. Except by absorption.

• • •

School's out.

Anticipation of misfortune invites it. Action averts it. The person who worries is simply suffering from what has not happened. The logical course is to wait for events to happen and meanwhile work to help make things come out right.

The way to master a situation is not by sitting down and making the worst of it. It is by standing up and making the best of it.—James H. Anderson, Editor Kansas City Labor News.

HAVE SCIENTISTS DISCOVERED THE SECRET OF PRODUCING LIFE?

To the Editor:—Dr. George W. Crile of Cleveland has made his anticipated explanation of how he "created life." As was rather expected, however, he denies any such sweeping claim and intimates that had it not been for the wide publicity given early in December to the series of experiments he had been conducting, he would not have given the American Association for the Advancement of Science any talk at all, for he regards his work as incomplete. There will be wide spread interest nevertheless in what he has accomplished already, for anything that hints at the absolute creation of life by man holds a deep fascination for man.

The Cleveland investigator, in the first place, is attempting to penetrate the mysteries of cancer. It was in the course of this research that he produced an artificial life cell. The accomplishment is described in simplest language as the breaking of a Humpty Dumpty to bits and then putting him together so that he at least appears to live. The doctor uses cells as his Humpty Dumpty. He has taken them from the brain, from other parts of the body and from cancers. The brain cells alone, so far, have displayed the power of rejuvenation or resurrection or whatever you may wish to call it.

Dr. Crile says that he had worked on the principle that the fertilized egg of an animal contained elements that were electrically both positive and negative. He assumed that if the substances forming a living cell were mixed together properly in an electrical solution, called an electrolyte, these substances would organize themselves into "a unit which would present a cell-like form." In other words something lifelike might result without the usual union of elements of opposite sexes. He separated brain cells into their constitutent fats, proteins and ash. These three substances were mixed in distilled water, containing some salts, a laboratory-made substitute for the watery elements in which the brain cells normally live. The salts produced the electrical effect. The brain matter reunited into microscopic objects having the shape of cells, with a nucleus or center and hairlike projections. They grew like living things, sometimes by putting out buds and sometimes by dividing. They consumed oxygen and gave off carbondioxide as do other living, breathing things. And they had the power of movement. These primitive forms were kept alive as long as two and a half months.

The scientist does not announce any conclusions. He knows that cancer cells do not display this power of rejuvenation, and that is about as far as he cares to go as yet.

There have been announcements in past ages that this and that scientist has succeeded in creating life, but they have all come to nothing. Dr. Crile does not even make this claim—perhaps for that reason he may be followed with more confidence. One of the most promising looking, and at the time, most sensational of these efforts to make life in a test tube was that of H. C. Bastin who in 1911, put various non-living substances in test tubes, sealed them up, heated them to a point where life could not survive, and then let them stand in diffused sunlight for several months. Gradually little particles of jellylike substances appeared. These absorbed dyes, reproduced themselves when properly fed, and gave every evidence of "life." Yet only scientists remember the experiments now. Other "stunts" have failed to prove anything. So science still has this problem before it. While the man of faith, secure in his belief in the creative power of God alone, turns to his bible and there reads in the very beginning "And God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul." DUNCAN P. CAMERON.

Elbert Bede, the well known Cottage Grove editor has mangled his left hand in an accident, but will be able to proceed with his duties in the coming legislature, says our good C. G. correspondent. Sure, Elbert could lose the use of both hands and still be effective at Salem. Those aren't his legislative weapons.—Eugene Register-Guard.

The state of matrimony would be a more peaceable place in which to live if someone wasn't always trying to extend the boundary lines.

The greatest trouble some people have is listening to the troubles others have.

There are lots of men whose word is as good as their bond—and this is no compliment, either.

A sucker is born every minute, we are told—but who ever heard of one dying.

A method of treating bank notes to make them practically indestructible has been discovered by government experts. We have never yet worn any out handling them.

All women like flattery—and most of them deserve it—for being able to get along with the men.

A person with sunshine in his face never has a sour disposition.

The law against operating gambling devices should be made to embrace the selling of cantaloupes—the buyer wins about once each summer.

A saxophone player in a western state has just celebrated his 90th birthday. Bet he has no near neighbors.

Some men appear to be hard boiled simply because their wives make it so hot for them when they are at home.

Silence is said to be the "universal language," but few people use it to any extent.

Exercise is doing work and not getting paid for it. It is particularly beneficial if a special costume is worn.

Rail Extension to Bring Mills to County, Belief

Many small sawmills in western Washington, crowded out by the rapidly diminishing supply of small timber in that section, undoubtedly will be attracted to Linn and Lane counties by the building of the extensions of the Oregon Electric railway to the Cascade mountains east of Albany and the Coast mountains southwest of Eugene, said J. P. Burnham of Seattle, western traffic manager of the Northern Pacific railway, who with other officials of the N. P. and Oregon Electric made a trip over the survey of the O. E. extension in Lane county last week.

The Oregon Electric extensions in these two counties will open up new fields for such plants, said Mr. Burnham.

The officials also went over the newly constructed line of the O. E. east of Albany. They expressed themselves as much impressed with the tonnage in timber offered the new lines, both in Lane and Linn counties.. They said the railway companies are anxiously awaiting the permit from the interstate commerce commission to go ahead with the Lane county extension.

Poultry Course Planned For Farm Study Group

HEBRON, Jan. 15. — (Special.) — Arrangements for a series of night school sessions were made here Tuesday night when Herman Lafky, Smith- Hughes instructor in the Cottage Grove high school, met with interested farmers of the district. Only ten were present but real interest in the course was shown. The agricultural department of the high school and Coast Fork local of the Farmers' union are cooperating in presenting the course.

Poultry and dairying were the subjects chosen for study, poultry to be discussed first. Poultry subjects to be studied follow: Feeding, housing and pest control, incubation and brooding, source of new stock, marketing, poultry for market. The meetings will be held at 8 o'clock each Tuesday evening in the Hebron Farmers' union hall.

Feeding will be discussed Tuesday night. The discussion will include a study of scratch feed, wet and dry mashes, amount and method of feeding compound, lights, minerals, cod liver oil, green feed, range and uses of milk.

The meetings are free.

Increase in Christmas Business Shown

That Santa Claus refused to be guided by pessimists and that Cottage Grove is not really as slow as some would believe was proved by figures on the recent Christmas business just released by the local express office. An increase of 28 9-10 per cent in the number of shipments, with an increase in revenue of 30 7-10 per cent, was shown over those of a corresponding period in 1929, according to figures peren from the books of the office for the period from December 16 to 23.

Gift boxes of Oregon prunes accounted for some of the increase.

FATHER AND SON BANQUET IS HELD AT HIGH SCHOOL

A "father and son" banquet, sponsored by the Future Farmers of America, an agriculture club in the Cottage Grove high school, affiliated with the national association, was held Wednesday night at the school. Special guests for the occasion included O. S. Fletcher, county agent; R. C. Keuhner, county club leader; O. A. Nichols, president of the Coast Fork Farmers' union; H. A. Hagen, president of the chamber of commerce; members of the school board. Music was furnished during the evening by the high school boys' quartet. Wendell Spriggs, president of the club, was toastmaster and talks were given by the following: N. E. Glass, chairman of the school board; Superintendent D. A. Emerson, Principal F. L. Grannis, Herman Lafky, Smith-Hughes instructor; Mr. Fletcher, Mr. Keuhner, Dr. Hagen, E. J. Kent, representing the fathers; Loren Harvey, senior class dad; George Kebelbeck, president of the student body; Ernest Guggisburg, past club president.

The dinner was served by the home economics department, under the supervision of Miss Merle Bowen and Miss Sara Louise Shields, instructors in the department. They were assisted by a number of the boys' mothers. The food was furnished by the boys and mothers. More than 80 were present. These were seated at a table extending the full length of the second floor hall.

Followed Indian Trails Over the Appalachians

A century after the first settlements were established it was evident that the future of the country depended upon overcoming the barrier of the Appalachian mountains and the great forests which clothed them. New colonists pushed inland along the rivers and later struck into the mighty forests from the head of navigation. They followed the Indian trails which they found, and these trails came into general use. Thus Nemacolin's path which Washington followed on his mission to the French (1754) was the forerunner of Braddock's trail (1755) and the national road. The Kittanning path up the Juniata to the Allegheny furnished the route of Forbes' trail (1758). The Warrior's path from the Shenandoah valley through the Cumberland gap to the falls of the Ohio became Boone's wilderness road (1769) over which Kentucky was settled, and the Iroquois trail from Albany to Lake Erie developed into the Great Genesee road.

Taking Out the Joy

"These honey cakes should be thin and runny," says the Woman's Home Companion cooking expert. "Yes, and I hope they're deliciously chewy and delightfully swallowy," commented the sour bachelor.

Great Artist Self-Taught

Albert Hechman says that Velasquez—"one of the greatest painters of all times—was virtually self-taught, save for a little instruction he received from some local painters in his birthplace."

Speaking of liars—there is the man who claims he likes spinach.

Elephants Capable of Speed When Infuriated

Cooper's "Lions 'N Tigers 'N Everything," mentions that "the speed of an elephant is a deceptive thing, and it is a good horse that can keep abreast of him, once he unlimbers into full steam ahead." Jennison's "Natural History of Animals," states that "the usual gait is a walk, but when frightened they break into an amble by which they can cover ten miles an hour for a long period." An article by F. C. Selous in "The Living Animals of the World," says as follows: "That great authority, Mr. Sanderson, says that the only pace of the Indian elephant is the walk, capable of being increased to a fast shuffle of about fifteen miles an hour for very short distances. This description exactly coincides with my own experience of the African elephant, except that I think that animals of the latter species, especially cows and young bulls, are capable of getting up a pace of at least twenty miles an hour and keeping it up for from 100 to 200 yards when charging." These statements would indicate that a charging elephant can outrun all but the fastest of human runners.

Aim of Pioneers Was Destruction of Forest

Our forefathers thought not so much of the utilization as of the destruction of the forests. They wanted to get rid of them. For two centuries little progress was made in this struggle with the all-encompassing forest. The total forest volume was almost as great a hundred years ago as it was when the Cavaliers of Virginia and the Puritans of Massachusetts were first awed by the dark and mysterious woods which, so far as they knew, stretched continuously to the Pacific, thousands of miles to the west. The only extensive cleared areas were on the Atlantic seaboard. The old-time water-power driven sawmill had made but little headway against the incredible vastness of the forests and their sturdy and tenacious ability to reproduce themselves. The forests of Maine, prized two centuries ago as the source of huge masts and spars for the king's navy, have now their fourth crop of saw timber.

Needle 25,000 Years Old

A perfect bone needle, some 25,000 years old, is in the Field Museum of Natural History, Chicago. This needle, more than three inches in length, is complete and has as perfect an eye as if it had been made yesterday. It was made by a prehistoric Magdalenian craftsman, according to Henry Field, assistant curator of physical anthropology, and it was undoubtedly used for making clothes out of reindeer skins.

The needle was excavated from an ancient rock shelter at Ganties in the south of France. It was evidently fashioned with a flint blade and drilled by a flint borer.

Garden of Straw Hats

In almost every other part of the world where straw hats are made, the process of bleaching is accomplished by the use of chemicals, but in Luton, England, which boasts of a great straw hat industry, the hats are bleached by exposure to the sun's rays. A large open space attached to the factory is filled with regularly planted sticks, and upon each of these a straw hat in the process of making is placed for a specified time, during which the whitening operation takes place in a natural manner. The bleaching department with its rows of hats has the appearance of a garden filled with great white blooms.

"Petticoat Government"

This phrase means "undue rule or predominance of women in the home or in politics." An early use of the phrase is traced to J. Dunton who wrote in "Petticoat-Government" (1702) "By Petticoat-Government, I mean when Good Women Ascend the Throne, and Rule according to Law, as is the case of the Present Queen Anne. Again, by Petticoat-Government, I mean the discreet and housewifely Ruling of a House and Family."—Literary Digest.

A Poet at 8

Oliver Goldsmith, before he was eight years old, had contracted the habit of scribbling verse on small scraps of paper, which, in a little while, he would throw into the fire. A few of these verses, however, were rescued from the flames and taken to his mother. She read them with a mother's delight, and saw at once that her son was a genius and a poet. From that time she beset her husband with solicitations to give the boy an education suitable to his talents.

No Loss

When Mary Louise visited in the country her aunt gave her a live rooster to bring home. Several weeks later her aunt visited Mary Louise's mother.

"Did you eat the rooster I gave you?" her aunt asked.

"No; he ran away," said Mary Louise. "But he was so old and tough we never would have eaten him, anyway."

Wood Formed Over Shoe

Some 60 or 70 years ago a traveler on the winding hillside road, or what is now John Bull park, Grand Rapids, found a horseshoe and tacked it to a tree with a couple of nails. Recently the oak was cut down. When the saw refused to go through a portion of the wood, investigation revealed the horseshoe with 54 yearly growth rings around it.

Price Is Dependent

The money price of every particular commodity depends partly on the prices of other commodities, i. e., on the general level of prices; just as the actual height reached by a particular wave on the sea depends partly on the general level of the tides, or as the actual height of a spire depends on the elevation of the ground on which it stands.

And Wall Street His Wampum

"Please tell me," begs an English tourist of the Cincinnati Enquirer, "why so many of your writers commiserate the American Indian?" "Because, friend," accommodates the editor, "the white man copped his lands; the college boys his yell, and the flappers his paint."

Birmingham Man Learns How to Avoid Old Age

"I got fooled by a headline recently," said Banks Talmadge, "for in looking over a magazine I saw 'How to Avoid Old Age,' and while I am not worried over the matter, yet I registered attention. Among other ways to keep from getting old it is advised: 'Never stop, look or listen at railroad crossings when driving a car; always race with locomotives to crossings, as it gives engineers a thrill; always pass the car ahead of you on a curve; or a hill; always drive as fast as you can on wet, slippery roads and be sure to lock your brakes when skidding, as you can often turn your car clear around; always drive fast out of alleys, for if you do it often enough you may have the good luck to run down a traffic policeman; always speed and demand half of the road, the middle half, just show the other fellow you know your rights and are ready to die for them; always drive fast in traffic, if a new driver, as it is the easiest way to have an accident.'"—Birmingham News.

World's Iodine Supply Gathered From the Sea

The commercial supply of iodine is almost entirely obtained from seaweeds. In some of the latter—particularly the giant kelp, known to science as Macrocystis, meaning "big bulb"—the concentration of iodine is extraordinary. That marine plant, enormous in size, anchored to the sea bottom by a stem hundreds of feet long, with a vast floating froad of leaves, contains over one-fourth of 1 per cent of iodine.

These giant seaweeds are ideal carriers of iodine for human uses. Medicinal extracts made from them are already standardized, and have proved most valuable. But the kelps, vastly abundant, should yield valuable food products. They contain all the worth-while minerals that the ocean holds in solution, and may be regarded as marine vegetables neglected through ignorance.

Holding Old Age at Bay

There is no other joy in life like mental and bodily activity, like keeping up a live interest in the world of thought and things. Old age is practically held at bay as long as one can keep the current of his life moving. It seems as if one never could get to the end of all the delightful things there are to know, and to observe, and to speculate about in the world. Nature is always young, and there is no greater felicity than to share in her youth. I still feel each day too short for all the thoughts I want to think, all the walks I want to take, all the books I want to read, and all the friends I want to see. John Burroughs in "The Summit of the Years" (above seventy).

Significant Number

Forty is a number that has long been regarded as peculiarly significant. The idea may have originated with readers of the Bible, who noticed that Moses was 40 days on the mount, Elijah was fed 40 days by the ravens, the rain of the flood fell 40 days, another 40 days elapsed before Noah opened the window of the ark, 40 days was the period of embalming, Jonah gave Ninevah 40 days to repent, the Lord fasted 40 days and he was seen 40 days after his resurrection. Old English law also featured many 40-day periods.

Artistic Book Decoration

The term "forage painting" used in book binding is a corruption of the words "fore edge" used to describe the delicate painting or decoration applied to the extreme front edges of the book. When the book was closed, only blotches or masses of colors showed, but when the leaves of the book were partially spread delicate tracery, artistic designs and sometimes elaborate pictures were revealed. Samuel Mearne, book binder to King Charles II of England, is credited with originating this form of decoration.

Man's Institutions

In dealing with the state we ought to remember that its institutions are not aboriginal, though they existed before we were born; that they are not superior to the citizen; that every one of them was once the act of a single man; every law and usage was a man's expedient to meet a particular case; that all are imitable, all alterable; we may make as good, or we may make better.—Ralph Waldo Emerson.

Many and Varied

A youngster was starting to school and learning to spell.

"What does A B C spell?" he asked of his mother.

"Nothing," she replied.

"Well, does X Y Z spell anything?" he again asked. And again the answer was "nothing."

A small girl who had stood by listening intently remarked dryly, "Seems like there's a lot of ways to spell nothing."

Unusual Malady

Janice's mother had been cleaning rugs with ammonia. That afternoon Janice went next door and the neighbor asked why her eyes were so red.

"Oh, mother's been cleaning rugs," Janice replied, "and I've got pneumonia in my eyes."

Ask Mother!

A kid is smart. If dad says "yes," that's sufficient. But he never accepts dad's "no" as final until he asks his mother.

Each criminal active in the United States costs the country as much as welfare influence in the lives of 160 normal boys.

Royal Portables

THE SENTINEL

Beauty in Window and Porch Boxes

By L. A. Hawkins
Agricultural Extension Department International Harvester Company.

Many homes are so situated that it is difficult to have landscape plantings or flower gardens, but there is almost always an opportunity for some beauty from window or porch boxes. Wonderful results can be secured with a little effort in growing some of the flowers adapted to home window or porch decorating. Regardless of where the porches are located we have flowers that can be made to grow successfully.

The boxes should be made of the proper size to fit the location and blend with the surroundings. They ought to be at least six inches deep. If the house is of a low bungalow type, make the boxes with a similar design. If the porch is small, the boxes should be made accordingly. Boxes for windows or porches should be strongly built to guard against warping and leaking. It is necessary to provide some form of drainage in the bottom of the box by using a layer of coarse gravel or broken crocks, covered with a thin layer of moss or fine hay, to prevent the soil's working down through the drainage material.

Growing plants in this way is an intensified job and the soil must be of the right kind to insure success. A good quality of compost is the best if it can be obtained. Otherwise good garden soil mixed with well rotted manure or fine leaf mould at the rate of two quarts of soil to one of manure or mould. The soil should be thoroughly firmed in the box and well wet down before the plants are set out.

If care is not given to select proper color combinations not only among the flowers themselves, but so they will make a pleasing contrast with the house, disastrous results will follow the work. Green is probably the best color to paint the boxes.

The kind of flowers to be grown will depend a great deal upon local conditions, but the following suggestions may be helpful: For white houses, plants with pink flowers make a fine showing. Yellow surroundings call for blue flowers. Gray can be well decorated with red flowers and foliage. Red or brick houses demand green foliage bearing white flowers for the best results, while red or yellow flowers would utterly ruin any desired effect.

There are so many different kinds and types of plants suitable for this work that it is well to refer to catalogs for detailed descriptions. Fall, dwarf, or trailing plants can be used, depending upon surroundings. In porch boxes that are fairly well elevated, trailing vines can be used. Many plants are grown because of the foliage color and can very well be mixed with the flowering sorts.

Petunias are one of our best window or porch box plants. The dwarf and trailing varieties are best for this purpose. Trailing vines, like ivy, maderia and vinca are good in some locations. The bush form of morning glories are useful. Salvia is one of the best brilliant red flowering plants. Geraniums can be had in variations of red, white and pink. Fall and dwarf nasturtiums are important for such plantings. The best blue effects can be secured through use of lobelias and ageratums. Dwarf marigolds and blue flowering plants make a good combination. If you desire fragrance the heliotrope is recommended first, with lemon verbena or rose geraniums second. The verbenas offer a wide range of colors. Sweet alyssium is used extensively as a white border. Pansies make pretty plantings if the box is in a cool location.

Try some of this small scale beautifying work. Prepare good seed beds and supply plenty of moisture and you will get much pleasure from your window and porch boxes.

Demand for Goldfish

The raising of goldfish has become an industry which annually produces 17,000,000 of the common variety, valued at $600,000, and 4,500,000 of the fancy species, worth $400,000.

85 Per Cent of Business Failures Are Firms Who Do Not Advertise.
(Babson's Statistics.)

SALESBOOKS!

We meet all competition and furnish the best salebook on the market.

Home merchants should buy their salesbooks at home.

The Sentinel
Practically Everything in Printing. Always Try Your Home Printer First.

Always Give the Home Print Shop the First Chance

"I'm in Partnership with 58,000 Employes and 45,000 Shareholders"

• "There are 58,000 employes receiving just wages keeping the wheels of Swift & Company going. Many of these employes are my neighbors. They live in this town, work here, build their homes. They patronize local merchants, pay taxes like you and me. Their interests are those of this community.

"I'm one of the 200,000 producers who deliver butterfat, eggs and poultry to a Swift & Company produce plant and receive cash for my products. There are more than 80 of these plants. And I'm also one of the 45,000 shareholders of this concern, who receive a return on their investment.

"It makes a big family, doesn't it? But we are all proud to belong to it and to do our part. It's a mighty fine thing to have contact with an organization which can thrive on an average margin of less than 2 cents on every dollar of its total sales, and yet—everyone receives a fair return for what he does.

"The 58,000 employes receive just wages; the 45,000 shareholders receive a return on their investments. The 200,000 producers get spot cash for their supplies and don't have to fear local gluts or shortages, for Swift's nation-wide distribution, through 600 car routes and 400 branch houses, assures them of an ever ready market.

"Next time you ask for Brookfield Butter, Brookfield Eggs or Golden West Fatted Fowl, remember that many of your own home folks take part in producing and marketing the supplies under those labels."

Swift & Company
Eugene, Oregon

Gray's Cash Store
Affiliated with Irish's Cash Stores
Phone 53 — Free City Delivery
Here the Thrifty Thrive

BREAD
White or Whole Wheat
Twin Loaves
5c each

CHEESE
Full Cream
Made in Lane County
Per lb. 19c

APPLES, Newtons, per box 75c

Shortening
In Bulk
Buy It Here for Less
3 lbs. 35c

SUGAR
Fine Cane
10 lbs. 53c

Get Our Specials on Canned Goods
BIG SALE NOW ON
OREGON'S OWN CASH STORES