

SOCIETY

The missionary society of the Christian church installed the following officers at its meeting Wednesday afternoon: Mrs. Ada Oakes, president; Mrs. Ora Read Hemenway, vice president; Mrs. Minnie Beldier, treasurer; Mrs. Lois Williams, secretary. Mrs. I. G. Shaw

was installing officer. Mrs. T. M. Boyd was program leader. A vocal solo was sung by Miss Urdine Gartin. Mrs. Thomas Bailey, president of the state missionary group, Mrs. Day and Mrs. Horton, all of Eugene, were additional guests. Dainty refreshments were served.

At a meeting of the Christian ladies' aid society Wednesday afternoon of last week, plans were made for a cooked food sale to be held June 20 at the Farmers Union

store. The committee in charge will be Mrs. William Baker, chairman, and Mrs. William Stennett and Mrs. Fred Beldier. The aid society will give a new quilt to the William George family, whose house was destroyed by fire recently. Dainty refreshments were served by the hostesses committee. Mrs. George Dahl, Mrs. Martha Eastham, Mrs. T. M. Boyd and Mrs. James Powell. Twenty-four were present. Hostesses for the next meeting on the first Wednesday in July will be Mrs. Roy Hands, Mrs. William Kirtley, Mrs. Walter Lackey, Mrs. A. C. Loucks and Mrs. William Stennett.

A farewell party was given Monday evening at the home of Mr. and Mrs. James Town, honoring Mrs. Ray Baker and Mrs. Eugene Oard, who are moving from the city. Baker will leave the city in July to make her home in Salem, where her husband is employed, and Mr. and Mrs. Oard will leave for Saskatchewan, Canada. The honor guests were given a handkerchief shower. A pleasant social evening was enjoyed and dainty refreshments were served. Those present were Mrs. George McQuinn, Mrs. W. H. Ostrander, Mrs. Pearl Hazen, Mrs. Inez Meeks, Mrs. Anna Gates, Mrs. Nelson DeYoung, Mrs. Fred Anderson, Mrs. Glen Owen, Mrs. M. C. Bressler, Mrs. Ora Davis, Mrs. W. W. Latie, Mrs. Mildred Morris, Mrs. Vera Markley, Mrs. Frank Kelly, Mrs. Jack Maulding, Mrs. Seldon Powell, Mrs. Town, Mrs. Baker and Mr. Oard.

Mrs. Nelson Durham and Mrs. Herbert Eakin were hostesses Monday afternoon for the Past Matrons' club, entertaining at the home of Mrs. Durham. Mrs. A. J. Richmond and Mrs. Nettie May Smith were additional guests. A pleasant social afternoon was enjoyed and dainty refreshments were served. Baskets of delphiniums were colorful room decorations and the luncheon table was centered with a bowl of yellow flowers.

Calvin Funk, chief of the American Legion auxiliary entertained Monday afternoon in the club room of the new armory with a tea honoring Mrs. Callie B. Heider of the auxiliary, and Mrs. S. S. George of Eugene, district committeewoman. The committee in charge was Mrs. George Mattheis, chairman, Mrs. Charles Hall, Mrs. F. L. Grannis, Mrs. D. A. Emerson, Mrs. John C. Miller, Mrs. Ernell Tiller and Mrs. W. E. Lebow.

Mrs. Mary VanDenburg, Mrs. O. W. Blackmore, Mrs. Nelson DeYoung, Mrs. Earl Hill, Mrs. Anna Gowdy and Mrs. Fred Wright were hostesses Wednesday afternoon at the church parlors for the Presbyterian ladies' aid society. A business meeting was held and the afternoon was spent quilting. Dainty refreshments were served. This was the last meeting of the group until September.

The Lions club held a picnic Thursday evening at London springs for the wives and families of members. Mrs. Schofield Stewart was in charge of the table and a basket supper was served. Volleyball, baseball and swimming were diversions. This was the Lions club's last meeting before President D. A. Emerson leaves for California to attend summer school.

Mrs. W. W. McFarland was hostess last Friday afternoon for the O. L. H. club, entertaining at the Colonial. Mrs. W. B. Johnston was an additional guest. The afternoon was spent playing bridge and Mrs. A. W. Swanson held high score. Dainty refreshments were served at the tea hour.

The Constellation club held its annual picnic Thursday afternoon of last week at the Wagon auto park. A social afternoon was enjoyed and a picnic lunch was served. The club will hold its next meeting the first Thursday in September.

The W. C. T. U. will meet at 2:30 this afternoon (Friday) at the home of Mrs. Charles Knickerbocker, 1116 east Main street. As this meeting will be "Flower Mission Day," members have been asked to bring flowers and a list of names of the sick and shut-ins.

The annual church and Sunday school picnic of the Presbyterian church will be held Tuesday, June 16, at London. Cars will leave the church at 10:30. Games, races and other entertainment have been arranged and it is expected that 500 will attend.

Mrs. Smiley Morris entertained a group of children Wednesday afternoon of last week, honoring her son Jack on his fifth birthday anniversary. The afternoon was spent with games. Dainty refreshments were served.

Cottage Grove chapter, Order of Eastern Star, will meet tonight. Reports of delegates to grand chapter will be given and a short program has been planned.

The Utopia club will be entertained Thursday afternoon, June 18, at the home of Mrs. C. E. Frost.

The Delphian society will hold a musical Monday night at the home of Mrs. Elbert Bede.

Uncle Eben
"When a man don't know ezactly what he's talkin' 'bout," said Uncle Eben, "he do time when he uses up de most time an' patience in tryin' to sound explanations."—Washington Star.

Vast Amazon Forests
The Amazon valley of South America is said to contain at least 10,000 kinds of woody plants, among them more than 2,500 varieties of trees.

British Lines Important
About one-twelfth of Great Britain's population depend on the railroads for a living, the roads constituting the largest enterprise in the realm.

India's Sacred Snake
What is generally considered to be the sacred snake of India is the hooded cobra. This is a slender-bodied, nervous and active serpent, with a maximum length of 48 inches. The bite of this species is very deadly and, whether guilty or not, in India it is debilitated annually with the deaths of between 15,000 and 22,000 persons.

We Ride Too Much and Walk Too Little, Doctors

Use of Legs Will Do More for Health Than Physician's Prescriptions, We're Told.

EUGENE, Ore., June 12.—(Special.)—Those who do a little walking now will prolong their days, according to a bulletin issued by the medical-dental headquarters of the Lane County Medical society and the Southern Willamette District Dental society. The bulletin endorses walking clubs and golf and all sorts of exercise that will bring people out of doors. It declares that sunshine and exercise can add more years to a person's life than doctor's prescriptions.

Too many tourists see the world from an automobile seat and too many people go to school and to work in an automobile, according to the report. That much sleeplessness is due to lack of exercise is one of the predominant notes in the medical bulletin.

"Thousands of men and women have fallen into the poor woman's mode of living. They ride everywhere, to business, to the theater, to church, to market. They are whirling themselves quickly toward their last ride," declares the bulletin.

"Many children, especially those living in cities and suburbs, are being brought up as if they were helpless cripples. They are driven to and from school even when they

live only three or four blocks away. They are driven to music lessons, dancing classes, to parties, to the movies. The tempo of their life is so swift that they have no time to walk, to loiter, to dream.

"Look at the residence streets of any town or suburb; the sidewalks are practically deserted. In many New York suburbs there are no sidewalks outside of the business streets. No one would use them. So why build them? Ride and the world rides with you, walk and you walk alone." As for any group of adults starting off on a long Sunday hike in the east—well, such people are considered just a little mad by the folk who whirl past in closed cars. But the walkers are having the best of it just the same.

"Walking remains the cheapest, most delightful, most healthful form of exercise. Any one who is not bedridden can walk outdoors a mile a day and benefit by it. And nearly every man, woman and child in the land could find time to walk

that much if he planned his day with common sense forethought. "Too many tourists see the world from an automobile seat. Roads have been built nearly everywhere, but it is still true that the hiker who goes out on the trails sees far more than the autoist who rides the roads. And he has a better time. Sleep after a day of arduous climbing and hiking is better than sleep after a day of driving a car. There is a certain strain about driving over even good roads, but there are relaxation and rest in the rhythm of walking."

"I told Tom that the average woman's clothing weighs only eight ounces."

"And what did he say?"

"He thought it was a shame they had to wear such heavy shoes."—Tit-Bits.

Life's little ironies—a ball and chain.

"Value received" should be written in a note, but it is not necessary. When not written, it is presumed by law or may be shown by proof.

FREE DIRT

Suitable for Filling In
30 Yards or More to Move

Move It Yourself

See Dale Hawkins or
Call at 234 Cherry Court

Arcade Theatre
Weekly Program
Friday and Saturday
June 12 and 13
"THE DUDE WRANGLER"
Lina Esquerre and George Duryea
Comedy News
Sunday, June 14
"MEN CALL IT LOVE"
Adolphe Menjou and Leila Hyams
Comedy Cartoon News
Monday, June 15
"UP POPE THE DEVIL"
Skeets Gallagher and Carole Lombard
Comedy Pictorial
Tuesday, Wednesday and Thursday, June 16, 17, 18
"BACHELOR APARTMENTS"
Lowell Sherman and Irene Dunne
Comedy Cartoon

BARTELS MARKET
Phone 55
Cottage Grove's live wire price cutter.
Special for Saturday.

Rendered Beef Kidney Suet, Fine for cooking 5c lb.	No. 5s lard 55c
Fancy Picnic Hams, family size 14 1/2c lb.	No. 10s lard \$1.05
Fancy Yearling Steer Steak Loin 19c lb.	No. 50s lard \$5.75
Extra Choice Bacon 25c lb.	Fancy Heavy Side Bacon 18c lb.
Fancy Pork Steak—Not fat 20c lb.	Spring Lamb Shoulders 13 1/2c lb.
Hamburger and sausage 15c lb.	Spring Leg 'o Lamb 17 1/2c lb.
Fresh Pig Feet 5c lb.	Veal Steak 18c lb.
Out of all young pigs	Fancy Pot Roast, Yearling Beef 14c lb.
Lamb Stew 5c lb.	Pork Shoulder Roast of Young Pigs 16c lb.
While it Lasts	Pig and Beef Liver \$15c lb. or 2 lbs. 25c
Home Rendered Lard 10c lb.	Oleomargarin, 2 lbs. 25c
	Boneless Hams 23c lb.

Watch this shop every Saturday for our price cutting as we are out to get the business with price and quality.

Store Managers Sales Contest
"WE ARE OUT TO WIN YOUR O. K."

MACMARR STORES

SALES CONTEST PRICES EFFECTIVE SATURDAY AND MONDAY, JUNE 13 AND 15, 1931

VEGETABLE DEPARTMENT
Fresh Vegetables—make your own selection

Fresh Tomatoes	lb. 10c
New Potatoes	4 lbs. 10c
Green Onions	4 bunches 10c
Oranges, 150/176 size	4 for 10c

Kellogg's Corn Flakes or Post Toasties
This is the time of the year for ready-to-serve breakfast foods.

Mazola Oil
Your summer salads are better when made with Mazola.

Jar Rubbers
United States Heavy double-lip rubber.

Tuna Fish
White Star 1/2s 2 for 25c
"Chicken of the Sea" 1/2s 2 for 39c

Best Foods Mayonnaise
High quality—low price.

MacMarr Flour
We guarantee every bag to give satisfactory results.

Cookies and Crackers
N. B. C. 5c packages. A large assortment of different 4 pkgs. 19c

Sugar
Powdered in bulk—3 lbs. 25c. Golden C in bulk.

Pineapple
Hillsdale Broken Sliced. No. 2 1/2 tins 2 for 33c

PURITAN MALT
In the big can. Each 39c

VEGETABLE SHORTENING
Pure—Bulk

3 lbs. 39c

SINSO SOAP POWDER
Large pkg. 19c

JAR CAPS
Economy or Boyd Mason Dczen 25c

DEL MONTE TOMATO SAUCE
For cooking and flavoring

8-oz. can 5c

SUNBRITE CLEANSER
Unsurpassed to clean things fast

Per can 5c

FRANCO-AMERICAN SPAGHETTI
Ready to serve

3 cans 25c

FELS NAPTHA SOAP
A reliable brand of soap

10 bars 59c

ECONOMY COFFEE
"Just what the name implies."

2 pounds 45c

COCOANUT BULK
Shredded

Pound 25c

Hershey's Cocoa
Hershey's name is sufficient recommendation

1/2 lb. tins 2 for 25c

San Francisco
Los Angeles
San Antonio
New Orleans

You pay a few dollars more to go East through California than to go direct. But see what those few dollars buy!

California... the Southwest... the picturesque Old South. Then, if you wish, a delightful ocean voyage from New Orleans to New York, with meals and berth included in this price. Or you can continue East by train from New Orleans. Return on any northern line, and you've completely circled the United States. You've seen more of the United States than you could see on nearly any other ticket.

No matter what your eastern destination, we can include California at only slight additional cost. Summer fares are now in effect. Let us help you plan.

OCEAN VOYAGE
NEW YORK
and return on any northern line

Southern Pacific
T. M. BOYD, Agent
Phone 11

FOR GREENS
Salads made with light, simple dressing seem to find their ideal complement in a dressing like Vinaigrette Dressing. It gives them a touch of subtle flavor while allowing all their natural deliciousness to assert itself.

To make Vinaigrette Dressing: One teaspoonful of salt, one teaspoonful of sugar, one-quarter teaspoon of pepper, a little paprika, twelve tablespoonfuls of Wesson Oil and three tablespoonfuls of vinegar. Beat with a fork until thoroughly blended. Stir in two tablespoonfuls chopped dill pickle, and a teaspoonful of chopped parsley.

FOR FRUITS
For fruit salads select a dressing made with nuts or cheese... or one that has a touch of sweetness. The next time you have a fruit salad try Nut Dressing:

To make Nut Dressing: To twelve tablespoonfuls of Wesson Oil add four tablespoonfuls of lemon juice, one teaspoonful of salt, one-fourth teaspoon of sugar, one-fourth teaspoon paprika, one-eighth teaspoon of white pepper. Mix well and then add four tablespoonfuls of chopped nuts.

FOR SEAFOOD
Seafood should be marinated* in French Dressing for a few hours before it is made into the salad. It helps to bring back all the zesty tang that makes seafood so delicious.

*To marinate: Mix twelve tablespoonfuls of Wesson Oil and three tablespoonfuls of vinegar. Add a teaspoonful of salt, one-quarter teaspoon of pepper. Mix with the seafood and set aside in the refrigerator for several hours. Serve with Lemonade (mayonnaise made with lemon juice).

Sugar and cream go well with peaches

But.. on sardines... never!

SOME things just seem to be made to go together. Some do not. We like lemon on fish, but on oatmeal we prefer something sweet. And so it is with salads and their dressings. There is a kind of dressing that goes best with each different kind of salad. So...

mix a dressing appropriate to the salad

For instance, on salads of simple greens, try Vinaigrette, Bachelor Club, or French Dressing. On fruits, fresh or canned, use Bar-le-Duc, Cheese or Nut Dressing. And when the salad is made of seafood, marinate* the ingredients in French Dressing before they are made into the salad.

SEND FOR Mary B. Murray's booklet about appropriate salad dressings. It tells you how to select the dressings that go best with different kinds of salads and contains many useful hints about the proper service of salads. Just send your name and address to The Wesson Oil and Snowdrift People, 210 Baronne Street, New Orleans, La.

SAFEWAY STORES
DISTRIBUTION WITHOUT WASTE

Friday, Saturday, Monday, June 12, 13, 15

Pineapple
Ukele Broken sliced pineapple. Packed by Dole. No. 2 1/2 can 15c

Mayonnaise
Best Foods Gold Medal Brand. Pint jar... 27c

Shortening
Panerust, high grade, purely vegetable. 3-lb. can... 57c

Coffee
Max-i-mum—all that the name implies. 1-lb. can... 37c

Tomatoes
Highway—standard tomatoes with puree. No. 2 1/2 can 10c

Sugar Cured Smoked Bacon
Lb. 21c

Milk
Choice of any brand on the shelves. 3 for 20c

RUBBER BEACH BALL AND 1 LGE. PKG. PAR SOAP \$1 value for 59c

Large Oranges Dozen 23c

New Potatoes
Shaffer White—Nice clean, smooth stock. 8 lb. bag 19c

FLOUR
Safeway Flour
Every sack guaranteed to satisfy
Made from a blend of choice hard wheat. 49 lbs. \$1.09

THE IDEAL BREAKFAST FOOD
POST TOASTIES 3 for 25c
POST BRAN FLAKES 2 for 25c
POST WHOLE BRAN 2 for 25c
GRAPE NUTS 2 for 35c