

CHEESE MAKES FAMED WHITE TAIL SQUIRREL MOVIE STAR



THE FAMED WHITE-TAIL SQUIRREL, to be found in America only in the Kaibab National Forest on the North Rim of Grand Canyon National Park in the southern Utah-Arizona park area, is the shiest of animals. But a piece of cheese was of more interest to this one than the cameraman, but not until after many successive days of sampling the delicacy placed invitingly for him at the same spot where the sunshine lighted a silver glade each afternoon.

THROUGH A Woman's Eyes

By JEAN NEWTON

EVERLASTING YOUTH

THE fountain of everlasting youth is a scientific reality. It is inside the body, not outside. It is a ductless gland, an endocrine. The pages of the world's history are punctuated with the search for a fountain of youth. The possibility of everlasting youth is a mirage which all the world has in common. It is the great illusion, the pot of gold at the end of the rainbow.

In a more naive day it was sought in an actual fountain in Florida. Now the hope lies in that modern fountain of miracles—science.

And it is in a form of science that we may yet find "everlasting youth." And that is the science of realizing the power of mind over matter, the science of self-enlightenment.

"Everlasting youth" is youth while life lasts. And what is youth? It is joy in life, courage, strength, zest, ambition, looking forward. That is the great difference between youth and age. Youth looks forward, age looks backward.

While we have zest for living, while we can laugh at the foibles of people and the tricks of life, while we can laugh at fate, shake our fist in her face and say, "I'll get you yet!" we are young. And we can do this as long as we have the will to do it. So it seems to shape up that everlasting youth is something we don't have to hunt in the deep recesses of virgin forest, something we don't have to depend upon a miracle to perform, but something we can will for ourselves.

Feed Legumes for Milk

The legumes are among the oldest plants known to mankind. Their superior feeding qualities and great value as forage crops were recognized as early as the First century. At that time Columella, an early Roman agricultural writer, stated: "The best foliage plants are alfalfa, fenugreek, and vetches. Alfalfa may be placed in the foremost rank of such plants; for when once sown it lasts ten years, fattens lean cattle, and has a salutary action on sick cattle."

The Tibetan Terrier

The Tibetan terrier, a dog resembling the Skye terrier, was originally smuggled from Lhasa in Tibet.

Meaning of "Alabama"

Alabama, an Indian word, literally means "Here we rest," but it really applies to a place of beauty worth resting in.

Printing Prices Are Low in Cottage Grove.

Mother's Cook Book

SPRINGTIME SUGGESTIONS

ARE your jellies and jams all gone from the fruit closet shelves? Just start in and make a few more. With bottled pectin jams, jellies, preserves can be made any day in the year. Use canned, dried or fresh fruit. This is a fine way of replenishing the well-liked sweets in just a short half hour.

Before the oranges and citrus fruits are too high in price prepare plenty of orange marmalade for use all summer. The following is a most delicious citrus marmalade:

Amber Marmalade.

Slice one grapefruit, one orange and one lemon, removing all seeds. Slice very thin after washing the fruit well with a vegetable brush. Cover with three quarts of water and let stand over night. In the morning put on to cook and cook until soft, but not as tender as the skin should be. Remove from the heat and when cool measure equal parts of sugar and add. Let stand over night; in the morning cook down until a clear, thick marmalade is formed. Put into glasses, cover with paraffin and set away. This is not so bitter as the English marmalade and is a great favorite wherever it is tried.

Spring Conserve.

Cook one and one-half pounds of rhubarb, cut into one-inch pieces with three cupsful of sugar, one package of dates, two tablespoonfuls of orange juice and one tablespoonful of grated orange rind; cook until thick, adding one-half cupful of broken nutmeats ten minutes before taking off the fire. Pour into jelly glasses and cover with paraffin.

Everybody likes the flavor of strawberries in jelly and jams. Made with the bottled pectin there is no more of the long boiling which wastes the flavor as well as reducing the amount. The pectin supplies the lack in such fruits as cherries and strawberries.

Bottled Grape Juice Jelly.

Measure two cupsful of grape juice and three cupsful of sugar into a large saucepan, bring to a boil and stir in one-half cupful of pectin; again bring to full boil and boil one-half minute. Remove from the fire, let stand a minute, skim and pour quickly into glasses. What could be easier and more quickly done? This recipe makes five jelly glasses full.

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Concealed Evidence

"Pardon me," said the stranger, "are you reading here?"

"Yes," was the answer. "I've been here going on fifty years. What kin I do for you?"

"I'm looking for a criminal lawyer," said the stranger. "Have you any here?"

"Well," said the other, "we're pretty sure we have, but we can't prove it."

Shipping records, according to Oklahoma A. and M. college, reveal that next to potatoes the public eats more lettuce than any other vegetable.

Except for regular cold storage, the best place to store cabbage is in a specially-built, above-ground warehouse that is well insulated to prevent rapid changes in temperature.

Eve's Epigrams



Some Proof!

Teacher—You say that if necessity is the mother of invention then food is the mother of radio? Prove it.

Student—Well, food is a necessity and radio is an invention. Therefore, food is the mother of radio.

Distinguished Visitors.

Mrs. Hazel Walton and Mrs. Cecile Hardie of Portland, department president and department secretary of the ladies' auxiliary of the Posts of Veterans of Foreign Wars of the United States, were callers at The Sentinel office Monday. They left a pamphlet which sets forth the necessary steps to be taken in the organization of such auxiliaries. As soon as the post of the Veterans of Foreign Wars is duly instituted, which will be in the near future, it is the intention of its members to procure the organization of an auxiliary.

Mimeograph stencils. Sentinel.

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Baseball Schedule

The 1936 Cascade league schedule is as follows:

FIRST HALF

May 3—Oakridge at Springfield
Hills Creek at Benton-Lane Park
K. C. at Cottage Grove

May 10—Springfield at Cottage Grove
K. C. at Benton-Lane Park
Oakridge at Hills Creek

May 17—Benton-Lane Park at Springfield
Cottage Grove at Oakridge
K. C. at Hills Creek

May 24—Benton-Lane Park at Oakridge
Springfield at K. C.
Cottage Grove at Hills Creek

May 31—Oakridge at K. C.
Hills Creek at Springfield
Benton-Lane at Cottage Grove

June 7—Benton-Lane at Hills Creek
Springfield at Oakridge
Cottage Grove at K. C.

June 14—Cottage Grove at Springfield
Benton-Lane Park at K. C.
Hills Creek at Oakridge

June 21—Springfield at Benton Lane Park
Oakridge at Cottage Grove
K. C. at Hills Creek

SECOND HALF

June 28—Oakridge at Benton-Lane Park
K. C. at Springfield
Hills Creek at Cottage Grove

July 5—K. C. at Oakridge
Springfield at Hills Creek
Cottage Grove at Benton Lane

July 12—Oakridge at Springfield
Hills Creek at Benton-Lane Park
K. C. at Cottage Grove

July 19—Springfield at Cottage Grove
K. C. at Benton-Lane Park
Oakridge at Hills Creek

July 26—Benton-Lane Park at Springfield
Cottage Grove at Oakridge
Hills Creek at K. C.

August 2—Benton-Lane Park at Oakridge
Springfield at K. C.
Cottage Grove at Hills Creek

August 9—Oakridge at K. C.
Hills Creek at Springfield
Benton-Lane at Cottage Grove

Four Clubs Give Play.

"The Ghost Chaser," a three-act play by May Sheldon and Loring Kelly, was presented Friday at Hebron Farmers' union hall under auspices of four clubs. Charlie Clark as Samuel Higgenbottom, gave the outstanding performance and kept the audience laughing and guessing.

The entire membership of the clubs sang songs around a campfire and Marie Gilham played two violin solos. Ernest Edwards, age 4 (not a club member), sang "Teddy Bear," and Charlie Clark yodled. Between acts Carolyn Keibelbeck

played a piano solo, "Waltz," by Tchaikowsky. A luncheon cloth was awarded to Mrs. Fred Fuhrer. Cake, ice cream and popcorn were sold during the evening. A five reel cowboy movie, "Mystery Brand," was also shown. County Club Agent Kuehner was unable to attend and E. J. Edwards showed the film. Receipts from the evening's entertainment were \$26.60. The money will go to send club members to the 4-H summer school at Corvallis. Five members have already received scholarships, or half-scholarships.

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AT
Swimmer's Delight

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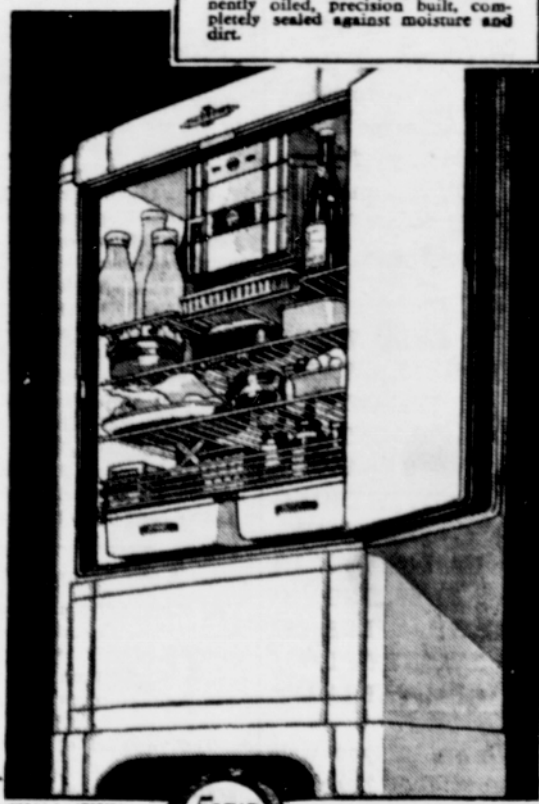
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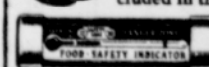
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