

SICKLY CHILD GETS HEALTHY WITH VITAMINS

Underweight, Constipated Children Respond Quickly to Scientific New Combination of Vital Life Elements.

From the scientific laboratories of America, where research work in vitamins has been progressing for years, comes announcement of a newly perfected combination of the two vitamin extracts most essential to human health—A and D. Cases of stunted growth in children respond magically to Vitamin A, medical research scientists say, while Vitamin D is essential to bone growth and its lack prevents children from developing normally. It is a curative for rickets, builds strong teeth and even overcomes the dread tuberculosis of the bones. The combination of these two



Weak, sickly, constipated no longer—thanks to Vitamex—little Robert Blanchy of Reno, Nev., builds strong healthy body with Science's newest "essential element extract."

essential life elements with potent blood-building and tonic medications, under the name of VITAMEX, is hailed as a scientific triumph.

Already this health building combination is marketed locally, the Kelly Drug Co., having obtained the exclusive agency for Vitamex for this city. Although the formula is equally effective as a tonic for adults, the druggists offer a letter from a Reno, Nev., mother, as proof of the quick results of Vitamex on backward children.

"My son Robert, age 3, has been undernourished and run down since we put him on solid food," writes Mrs. Ralph Blanchy, 1220 So. Virginia St., Reno. "It was hard to get him to eat at meal times, and then his food did not seem to do him any good, so far as gaining weight was concerned. He was under-weight and constipated, crying and restless all the time.

"We heard of Vitamex as a good tonic to build up the body, so I tried a bottle on Robert and I must say it has certainly done more than we ever dared hope for. Vitamex has made a different boy of him. He enjoys his meals now, and takes keen interest in his play."

REJUVENATES OLD FOLKS

Lack of the essential vitamins is the cause of many of the "deficiency diseases" of the human body, and Vitamex, now available in easy-to-take tablet form, is the answer to most health problems, especially for people who complain of feeling worn-out, run-down, tired, peevish. According to the Kelly Drug Store, many local men and women have enthusiastically reported amazingly quick health improvement as a result of the remarkable potency of the vitamins in Vitamex, and its effective tonic and blood-invigorating ingredients. The proprietors of the Kelly Drug Store are so convinced that Vitamex tonic will get results in cases of poor health that they invite all readers of this newspaper to their store to get a trial treatment of Vitamex Tablets, with the distinct understanding that unless the user is satisfied and delighted with improved health, the empty package can be returned and money will be refunded without question! Paid Advertisement.

Base Ball Terms

Some base ball hitters refer to left-handed pitchers as "twirly-thumbs." There are many terms for the different types of hits—mostly to describe scratches: nubbies, bloopers, bleeders, squibs, hump-backed liners, blue darters. The latter are low, hard liners, the name deriving from the snake known as the blue darter, says a writer in the Chicago Daily News. A hard hit ball is one which they say was "hit good," or "he got a hold of that one right," or "that was a well-whipped ball." A change-of-pace or slow ball is a "puff ball," and a ball that hasn't much on it is a "nothin' ball." A batter who swings with the count three-and-nothing, or three-and-one is "picking on a cripple." A tall, easy fly is "a can of corn."

The SNAPSHOT GUILD

WHAT PRICE LENS?



You don't need an expensive camera for a picture like this.

LIKE owning a high-powered de luxe automobile, there is pleasure in owning a de luxe camera with an ultra-fast lens. Whatever one's skill as a photographer, one points with pride to the f.2 or the f.3.5 or f.4.5 have range and versatility that greatly increase opportunities in picture-taking and are a source of much satisfaction. And there is no doubt that in the hands of an advanced enthusiast seeking technical perfection they are a superior tool.

No question but that these expensive cameras with lenses allowing a maximum aperture of f.2, f.3.5 or f.4.5 have range and versatility that greatly increase opportunities in picture-taking and are a source of much satisfaction. And there is no doubt that in the hands of an advanced enthusiast seeking technical perfection they are a superior tool. But if you are unable to boast of owning such a fine camera, don't get an inferiority complex. You can boast, and justifiably so, of the fine pictures you can get with the ordinary camera at f.5.3, or even with a simple meniscus lens box camera with but one stop at around f.11. You may regret that you are not able to take action shots at night of a theater performance or in a night club or stop a diving beauty in mid-air. But do not forget that many are

the prize-winning photographs that have been made with ordinary cameras, box cameras not excepted. You must concede that favorable light conditions are required for your picture-taking, but remember that favorable light conditions are not uncommon phenomena. And dull, cloudy days, the diminished light of early morning and later afternoon and deep shade are not, in these days of fast film, by any means unfavorable light conditions for an f.6.3 lens.

Beautiful photographs are taken with no lens at all—with a pin-hole camera. Again the owner of a camera with an f.2 lens more frequently uses apertures equivalent to those in ordinary cameras because, for most of his picture-taking, he does not need the f.2 aperture. As with a high-powered automobile, he has the speed when needed.

Remember that very poor pictures can be taken with costly cameras and very fine pictures with inexpensive cameras. If you know what your camera will do and how to use it, whatever the speed of the lens may be, you will always have plenty of good pictures to boast about.

JOHN VAN GUILDER.

Lloyd Griggs Takes Father's Place T. & T.

Lloyd Griggs has been appointed to fill the position in the local office of the Pacific Telephone and Telegraph company, left vacant by the death of his father, Hiram E. Griggs, who had been with that company for 32 years. He was born and raised in Cottage Grove. He graduated from the local high school in 1929 and from Oregon State College in 1933, where he majored in agriculture. He is the First Lieutenant of Battery E, National Guard. He is married and he and his wife have been living on the Griggs farm at Comstock.

Mr. Griggs is quite familiar with the work of his new position as he has assisted his father at frequent intervals.

German Beakers

Beakers were popular in Germany during the Sixteenth, Seventeenth and Eighteenth centuries. They were used as gild cups, and many are to be seen depicting Scriptural and classical scenes in silver relief. Tankards were also made in great quantities, but mostly of another product combined with silver, such as serpentine, stoneware, amber and ivory. The fact that they were nearly always decorated with silver borders proved the very definite flare for silver in the Reich.

"Tattoo" From Polynesian

The practice of puncturing the skin and inserting coloring matter to form various designs is very ancient among light-skinned people. The word "Tattoo" comes from the Polynesian and betrays one-quarter of the globe in which the custom was highly developed. Japanese tattooing formerly was noted for its artistic quality.

Eighteen Feet of Snow at Musick

Mr. and Mrs. Harold Kirchner came down Monday from Musick mine in the Bohemia district where they had spent the winter. They reported 18 feet of snow at Musick. They had to make the trip out on skis as far as Waver creek, near Lund Park. J. W. Sears, father of Mrs. Kirchner, recalled having spent a five year period, including all winters at the mines some thirty years ago. At that time the snow depth would be 30 feet during the winter's according to Mr. Sears, who first went into the mines 45 years ago.

Dave Von Needa, who made a trip to his mines in the Bohemia over the week end found that all of his buildings there had been crushed by the heavy fall of snow.

Miss Umphrey's Name Omitted

The name of Miss Dorothy Umphrey, daughter of Mr. and Mrs. C. E. Umphrey, was not included in the list of names of local students attending Oregon State College, which was sent to The Sentinel from Corvallis. Miss Umphrey is now a senior at that institution.

Scapa Flow

Scapa Flow is a small body of water, an arm of the ocean which lies between the Orkney Islands of Pomona and Hoy, north of Scotland. It is about fourteen miles long and nearly inclosed. Scapa Flow offers a deep, safe harbor and was the operating base of the British grand fleet during the World war. It is also the place where the captured German battle ships were sunk.

Eagle Cigar Store

Billiards, Cards, Fountain Candy and Cigars
Hill & King, Proprietors

WOOD Block, Planer & Sash. Also Sawdust. Special Price on Winter Supply.

TOM ALLEN Phone 37

C. G. School Newsette

HIGH SCHOOL

A Girls' League assembly was held in the gym March 26 in which reports were given by the girls who attended the district conference of the Home Economics club March 20 at Lebanon. Frances Glasgow reported on the morning activities and Myrtle Kirchofer on the afternoon activities. Representatives sent were Marian Moore, Myrtle Kirchofer, Dorothy Slemann, Miriam Ferrin, Sarajane Moore and Frances Glasgow. Dorothy Slemann was presented with a bouquet of violets at the conference for being a group leader.

The latter half of the assembly was devoted to singing and learning Girls' league songs.

The student body will have the pleasure of accompanying the senior class on an airplane trip Friday, April 2, in the senior assembly. Maybe?

Coach Curtis French addressed the Boys' Federation Friday with an interesting talk on track in which he urged all freshmen and sophomores to sign out now because, "If you wait until you are juniors and seniors," he stated, "it will be too late."

French talked on track in connection with the Olympic games, explaining how they originated and where. He explained that though a man may hold a record and people think that it is the best that can be achieved there has always been some man to break it.

He remarked: "The United States has something they can well be proud of as only two world records in track and field events are held outside the United States, namely, the javelin and discus."

Talks were also given by Harold Finnegan, agriculture teacher, who is leaving Cottage Grove and by Henry C. Williamson who is to fill his place.

Mr. Finnegan stated he was glad to have been here and wished the boys success in all their endeavors.

Mr. Williamson asserted he was glad to be here and hoped to have the students' cooperation in filling the place of Mr. Finnegan.

Several songs were sung at the opening of the meeting. Don Thies was presiding officer.

New books purchased for the library are as follows: Poetry and drama—"Forty-Minute Plays from Shakespeare," Barker; "Tristram," Robinson; "The Iliad," Homer; "Idylls of the King," Tennyson; "The Odyssey," Homer; "Contemporary Poetry," Wilkinson. Fiction—"As the Earth Turns," Carroll; "The Grey Room," Philpotts; "The Crock of Gold," Stephens; "Joan and Peter," Wells; "The Call of the Wild," London; "A Son of the Border," Garland; "The Return of the Native," Hardy. Non-fiction—"Portrait of an American," Coffin; "Mexico," Chase; "The Shape of Things to Come," Wells; "Stranger Than Fiction," Browne; "Men and Machines," Chase.

Miss Marian Notvedt took a business trip to Portland over the week end.

The girls league sponsored a pie sale Wednesday in the lower hall.

A group of home economics girls, accompanied by Miss Notvedt, saw an educational movie on baking last Monday at the Arcade.

The Lettermen's club presented "The Official Olympic Games Mo-

tion Pictures" in the gym at 2:30 March 30. This film was shown by Paul J. Dilly, arranged by C. H. Bearmore, official photographer, and edited under the direction of the American Olympic Committee.

Helien Thrasher returned to school Monday after being absent for several days.

Prin. F. L. Grannis and Coach Curtis French attended the Willamette Valley Athletic association meeting in Albany last Saturday. The meeting was held for the purpose of fitting out schedules for sports. Mr. Grannis was elected president for the coming year.

CENTRAL SCHOOL

Miss Morsey, representative of the A. N. Palmer company, conducted writing lessons in the school Monday and gave special help to students who were having difficulty in writing certain letters or in developing good movement. After school Miss Morsey met with all grade teachers in the Central building and answered questions concerning the Palmer method of teaching writing.

Albert Hamilton registered in the fifth grade Monday. He transferred from Dorena. Dick Balch, who has been attending the fifth grade at the Edison school in Eugene enrolled here last week.

The competition for the best record in spelling is keen. The fifth grade students broke the record previously set by the sixth

grade when 24 fifth grade students spelled 50 words in last Friday's test without making an error. The lowest score in the class was three words missed. Seven students missed but one word.

Helien Axley was hostess to her classmates of the first grade last Friday. An Easter egg hunt proved to be a great thrill. Several were so successful that their pockets were bulging with brilliantly colored eggs at the end of the hunt. After the students had played games, rabbit cookies and other appropriate refreshments were served. Helien is the daughter of Dr. and Mrs. Harold Axley. Mrs. Ellsworth and Mrs. Randall and Miss Lola Newman, first grade instructor, were guests. Mrs. W. E. Lebow assisted the hostess.

Several of the students in the first grade were surprised to find that garments made of rayon as the raincoat coats on our campuses before the crash of 1933.

Look For The Picture Shop
"The Store With the Black and Silver Front"
FOR
Kodak Finishing
505 MAIN ST.

Quality Products OF Crown Mills

Scientifically milled in the Pacific Northwest; from the finest grains of Pacific Northwest farms; sold thru Pacific Northwest dealers.

Crown Flours set the standard

Best Patent Kitchen Queen	Puritan Seal of Oregon
Mi-Choice	Harvest Maid
Snow Bird	Highland Chief
Cake Flour	Pastry Flour
Graham Flour	Farina
Pancake Flour	Whole Wheat Flour
Cracked Wheat Flour	

Crown Feeds have no superior

Dairy Feed Poultry Feed Stock Feed

THESE ARE PRODUCTS OF

THE COLUMBIA EMPIRE

CROWN MILLS PORTLAND, ORE.

Buy YOURSELF some Prosperity

FLAVOR!

THIS IS A PRODUCT OF THE COLUMBIA EMPIRE

Buy YOURSELF some Prosperity

It's Better!

Baked by

BETTER BAKERY

For Sale at Your Grocer's