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U. S. DIET ALL WRONG.

"Americans are eating too much and too often," Dr. Victor G. Heiser, author of "An American Doctor's Odyssey," declared recently in a lecture at Albany, N. Y.

Dr. Heiser was for many years director of the Philippine health service. He is well known to this writer and to other American old-timers who are still in the Philippines and to others now in the United States.

"I have aided in obtaining experimental evidence to prove that the man who said 'We dig our graves with our teeth' must have had this country in mind," he said.

An exponent of fresh vegetables as a menu mainstay, Dr. Heiser continues: "We have concluded that calcium found in milk and in vegetables like cabbage and lettuce is one of the greatest lacks in the American diet."

The mistakes of medical officials, he said, had been in supposing that legislation can solve problems which should be tackled directly. He also advocated "popular education" as a method of effecting changes in the nation's diet, "necessary in lengthening the span of life of we older folks."

"On all my foreign educational campaigns," the doctor continued, "I have found proof of this great truth that if you can make a man feel better, then, regardless of his race, color or intellectual status his health will improve."

He also asserted that "Americans 40 years old or more today stand the same risk of dying as they did many years ago." This last statement seems to differ from the claims that science has prolonged human life.

This writer was practicing law in the southern provinces of the Island of Luzon when Dr. Heiser was gathering in the lepers for segregation on the Island of Culion, one of the largest and best conducted leper colonies in the world.

While others "stood afar off" from those who had, or were supposed to have leprosy, Dr. Heiser and another American Physician, Dr. Sherman Richmond, walked about among the afflicted people making tests in doubtful cases, which resulted in many being found negative, who were, naturally allowed to return to their families.

Doctors, such as Heiser and Richmond, in those early days before sanitary laws became effective, were real men and through their untiring efforts Asiatic cholera and other contagious and deadly diseases were wiped out, the lepers isolated and the Philippines made into a healthy and delightful place to live.

Dr. Heiser and his corps of doctors, most of whom were of the same fearless type, are more deserving of honor than many of the men whose monuments are scattered throughout this country.

O. S. C. POPULAR.

An eloquent testimony to the excellence and efficiency of the teaching staff of Oregon State college is the fact that the graduating class this year included 154 students who transferred from 58 institutions in 17 states to finish their work at the Corvallis school.

Another indication of its reputation is the fact that by far the largest class ever to be graduated from that institution was that of this, the 69th annual commencement, Tuesday, May 30, when diplomas were delivered to 590 seniors and graduate students and to three prominent men receiving honorary degrees. In the class there were students from every county in the state excepting Curry. There were 16 from Lane, two of whom were from Cottage Grove, Leneve Marie Simkins, Secretarial Science, and Dorothy Mae Witcher, Home Economics.

A further indication of the school's popularity is the announcement that plans have been completed for a record 4-H summer session. More than 1800 boys and girls are expected to attend this, the twenty-fourth annual 4-H summer school June 6 to 17. Three dormitories and 20 or more fraternities and sororities will be used this year to house the club boys and girls.

Oregonians are justly proud of Oregon State College.

THE WOOL LABELING BILLS.

There can be no reasonable excuse for not passing the so-called Truth-in-Fabric bills now before congress. These bills would require manufacturers of fabrics sold as wool to label, or otherwise identify to the customer the kind of fibers used in the manufacture of the product. They would require the labels to state whether the wools consisted of virgin wool, reclaimed wool, or shoddy; and would also require them to show whether these products contained rayon or cotton or any other fibers.

One of the largest items in the family budget is the amount spent for textile products and it is no more than right that the buyers should know just what they are buying.

R. A. Ward, manager of the Pacific wool growers of Oregon, points out that this is a great wool growing state and that our annual clip of wool amounts to around 18,000,000 pounds. He also states that the substitution of shoddy and other fibers for virgin wool has seriously injured the wool and sheep industry.

DISHONEST COMPETITION

A speech delivered recently in congress by Edith Nourse Rogers, congresswoman from Massachusetts, should arouse not only that body but the people of this country to the growing menace of Japanese competition with American manufactured products. She declared that the United States imports from Japan are "imitations of American products, which have been counterfeited in Japan, are inferior in quality and brutally lower in price. The consequence is unquestionably to be read in the mounting toll of unemployment among our industrial workers."

UNCLE SAM LEARNING.

It has been stated that more workers were involved in WPA and relief strikes during 1937 than were involved in strikes in either the chemical, paper and printing, tobacco, leather, stone, clay and glass, or non-ferrous metal industries. It may be a good thing after all that Uncle Sam has invaded the industrial field. He may find out that there are two sides to every question between industry and labor and that neither side is always right.

WORLD POULTRY MEET.

Report has it that Secretary of State Cordell Hull, has issued formal invitations to 64 nations to attend the Seventh World Poultry Congress and exposition, which will be held in this country next year. This is probably the largest international agricultural gathering. It has been held every three years since 1921, the coming congress being the first to be held in the United States.

News comes from OSC that plans for Oregon's participation in this congress are progressing steadily.

First of seven major objectives of the congress is to stimulate interest in world poultry affairs and to promote friendly international relations by bringing together those interested in various phases of this industry from all parts of the world.

It is planned that before August 1 of this year personal visits will be made to some 40 countries by representatives of the congress.

With delegations from 64 nations present, this poultry conference may well become a world peace conference.

STATE CAPITOL NEWS LETTER

\$1,292,896, That's All.

One-fourth of all claims for unemployment compensation so far filled with the commission, have already been paid in full, it was announced this week. The 14,091 claims satisfied in full totalled \$1,292,896. The weekly checks received by these beneficiaries of the jobless insurance averaged \$11.98.

GUARD MANEUVERS

The annual maneuvers of the Oregon National Guard at Camp Clatsop June 14 to 18 will bring about the largest concentration of troops in the history of this state. More than 3600 officers and men will assemble for the 15 days of training, according to Major General George A. White.

Camp Clatsop, rated as the finest military training cantonment in the U. S., has been greatly improved since the Oregon troops last assembled there in 1936, it is reported.

A camp supply team of 10 men from the State Detachment will go to Camp Clatsop June 6 to prepare for the issuance of food and other supplies. They will be accompanied by Lieut. Col. R. F. Olson; Major Leo Pironi, Capt. George Bates and Lieut. Adams.

Capitol Building Ready July 1.

Oregon's new \$2,500,000 capitol building, now nearing completion, will be ready for occupancy by July 1 but formal dedication will probably be postponed until next January when the legislature is in session, it was decided by the capitol commission this week.

Fair Building Nearing Completion

Work on the new \$17,000 administration building at the state fair grounds is well under way and the first unit will be ready for occupancy before this year's fair opens on Labor Day. This unit, in addition to the administrative offices will also provide quarters for the press, telephone and telegraph offices, a first aid station and a radio broadcasting booth.

Veterans Loans.

Veterans of the Spanish-American and World War have a little less than a month left in which to take advantage of the loan provision of the Oregon soldiers' bonus law. Jerrold Owen, executive secretary to the World War Veterans' Aid Commission, warns that the dead line for loan applications expires June 30.

Legislative Approval Needed.

Legislative approval will have to be had before the Oregon World's Fair commission can transfer the \$20,000 appropriated for the New York fair to the San Francisco fair. When the Oregon commission withdrew from the New York fair they announced that the two appropriations would be consolidated and spent on this state's display at San Francisco. Attorney General Van Winkle ruled that this could not be done by the commission since the funds were appropriated for specific purposes.

THE CHURCHES

Methodist Episcopal Church Ellsworth M. Tilton, Pastor.—Sunday school, 9:45; forenoon service, 11, sermon subject, "Facing the Future With God;" evening service, 8. We will join with the Presbyterian and Baptist congregations in listening to Mrs. Eva Craven Wheeler at the Presbyterian church. Her subject will be "Other Lands;" Epworth League, 6:30; Intermediate League 6:30; prayer meeting, Thursday at 8 o'clock.

The Reorganized church of Jesus Christ of Latter Day Saints meets in the Anderson-Middleton mill office located on south Tenth street each Sunday. Church school at 10 a. m. Preaching at 11. Z. A. Coop, pastor.

Presbyterian Church, James A. Smith, Pastor.—Sunday, 11 a. m. theme, "Christ for Every Crisis." This is introductory to a series of sermons on the theme. The different subjects discussed will depend upon the list of experiences that may be termed "Crisis" to be submitted by the congregation. They may be individual or national. 7 p. m., a union service at the Presbyterian church to be addressed by Mrs. Eva Craven Wheeler.

CHRISTIAN SCIENCE CHURCHES

"ANCIENT and Modern Necromancy, Alas Mesmerism and Hypnotism, Denounced" was the subject of the Lesson-Sermon in all Churches of Christ, Scientist on Sunday, May 29.

The Golden Text was, "Take heed that no man deceive you" (Matt. 24:4).

Among the citations which comprised the Lesson-Sermon was the following from the Bible: "Now I beseech you, brethren, mark them which cause divisions and offences contrary to the doctrine which ye have learned; and avoid them. For your obedience is come abroad unto all men. I am glad therefore on your behalf; but yet I would have you wise unto that which is good, and simple concerning evil" (Rom. 16:17,19).

The Lesson-Sermon also included the following correlative passages from the Christian Science textbook, "Science and Health with Key to the Scriptures" by Mary Baker Eddy: "Animal magnetism has no scientific foundation, for God governs all that is real, harmonious, and eternal, and His power is neither animal nor human. Its basis being a belief and this belief animal, in Science animal magnetism, mesmerism, or hypnotism is a mere negation, possessing neither intelligence, power, nor reality, and in sense it is an unreal concept of the so-called mortal mind" (p. 102).

First Christian Church, Edward L. Kechley, Minister.—9:45, Bible school. Pageant by young people; 11 a. m., morning devotions, "Come Holy Spirit" (Jerome) Sextette. Sermon, "Pentecost;" 7 p. m. Christian Endeavor; 8, evening service. Musical scriptures, sermon, "Seeing the Best;" 8 p. m.

Wednesday, prayer service and Bible study; 8 p. m. Thursday, young people's Bible study; 8 p. m. choir rehearsal.

Christian Science Society, 242 Second street.—Sunday school, 9:45; forenoon service, 11, subject, "God, the Only Cause and Creator;" evening service, 8, 2nd and 4th Wednesdays. The public is invited to use the reading room on the second floor of Petersen building between 3 and 5 on Wednesdays and Saturdays and 7 to 9 on Saturdays, except holidays.

Free Methodist Church, Geo. G. Edwards, Pastor.—Sunday school, 9:45; forenoon service, 11, the district elder, Rev. R. J. Milton, will preach, and will administer the Sacrament of the Lord's Supper; evening service, 8, preaching by the elder; prayer meeting every Thursday night.

Thornton Corners

May 30.—Howard Keene was brought from the Eugene hospital to the home of his parents, Mr. and Mrs. W. A. Keene, Friday, where he visited until Tuesday. His wife and children of Cottage Grove spent the time out here with him.

Mr. and Mrs. Ralph Witcher and son accompanied Mrs. Witcher's brother, Brownie Zilkoski, and the latter's family of Wendling to Newport Saturday, returning Sunday.

Mr. and Mrs. Carl Pedroni of Dunsuir, Cal., visited Sunday with Mr. and Mrs. A. Tonole.

Mrs. W. W. Lattie and daughter and Mrs. Herbert Howard of San Francisco were visitors Sunday at the home of their aunt, Mrs. Henry Lake. The two ladies went on to Eugene to visit relatives and left little Shirley Lattie here to visit Doris Dixon.

Mr. and Mrs. James Medill and son, who had spent the past three weeks here with Mrs. Medill's parents, Mr. and Mrs. Pete Fetters, returned to their home at Beaverton Thursday.

Sunday visitors at the W. A. Keene home were Mr. and Mrs. Ross Sylvester of Albany, Bert Kline of Culp Creek, Mr. and Mrs. Pete Hodson and children of Franklin, Mrs. Rose Otley and children of Crow, Mrs. Clarence Miller and Mrs. Warren Miller and son of Klamath Falls.

Mr. and Mrs. Joe Premazzi and daughter, accompanied by Mr. and Mrs. Corbett Smith and family of Culp Creek and the Frank LaBlue family of Hebron spent Sunday at Cougar Bend.

Mr. and Mrs. Henry Lake and son, accompanied by the D. L. Miller family of Mount View, the Ray Myers family of Delight valley, the Bert Myers family of Blue Mountain and Andrew Lake of Noti, spent Sunday at Oakland cleaning and decorating family graves.

Mr. and Mrs. S. P. Shortridge were Sunday dinner guests of Mr. and Mrs. R. C. McKay at London.

Charles Feizette, accompanied by Verne Geyer of Eugene, went to Loon lake on a fishing trip Sunday.

Mrs. J. J. O'Dale of Drain visited at the Charles Feizette home one day last week.

Latham

May 31.—Mr. and Mrs. Clark Reynolds, Juanita Sanders and Harold Reynolds visited at Black Butte Sunday.

The Rancey Williams family of Turban, Ore., spent Monday night at the Mamie Trunnell home.

Mamie Trunnell, Nell Williams and Mr. and Mrs. Murray Trunnell of Cottage Grove visited at the Mary Williams home in Yoncalla Saturday.

A meeting of the Hoe and Rake Gardening club was held Saturday. Garden plans were discussed. It was decided that they would have their meetings at night.

Lorane

May 31.—Lorane grange held a regular meeting this week. Agricultural report was made by W. I. Seales, chairman. L. S. Dey reported on the Siuslaw river project. The charter was draped in honor of Mrs. Ola Allender. Demits were issued to Mr. and Mrs. H. A. Mitchell. It was decided to postpone grange dances for two months and to hold grange meetings once a month during the summer, meetings to be the second Tuesday of the month. Ice cream and cake were served in honor of Joe Dolan, who is leaving for his home at Houlton. Charles Miller was elected alternate delegate to the state grange convention at Klamath Falls in June.

Senior class night and eighth grade graduation were held at the high school Wednesday night. The following program was given: Song, high school girls' glee club; class history, Lucille Gowing; class will, Marion Dunn; harmonica duet, Keith Perry and Bill Christenson; prophecy, June Kirk as a fortune teller; presentation of eighth grade, Joe Dolan; re-

THE-BEAN BALL



ceiving of eighth grade, Otto Wittstruck; presentation of diplomas, Clark Coffelt; song, Eva Elliott and Maxine Guggisberg; installation of new student body officers, president, Earl Lorange; vice president, Harlow Hayes; secretary, Donna Davis; treasurer, Russell Hensling. Presentation of letters and awards to high school students by S. L. Godard. Eighth grade class are Olive Keep, Gene Davis, Helen Scott, Loren Lynch, Verna Powell, Winnie Lohrey, Edie Burgess, Fern Albright, Ruth Rowlette, Marvin Allender and Harriet Kempston.

High school commencement was held Friday night with the following program: Processional, Doris Hayes; invocation, E. W. Powell; song, Edwina and Earline Grigsby; speech by class president, Lloyd Counts; salutatory, Otto Wittstruck; song, glee club; valedictorian, Evelyn Conrad; song, Bessie Addison; presentation of seniors, S. L. Godard; address, Professor Mason, O.S.C.; presentation of diplomas, W. T. Moore; presentation of honor pins by S. L. Godard to the two most outstanding seniors, Otto Wittstruck and Ruth Tullock; honor pins to two juniors elected to the national honor society, Donna Davis and Velma Wills; benediction, E. W. Powell; recessional, Doris Hayes. Class roll: Ottarene Wittstruck, Mildred Schaffer, Otto Wittstruck, Ray Mainwaring, Lucille Gowing, Quentin Lipsit, Edward Mitchell, William Rowlette, Evelyn Conrad, Lloyd Counts, Ruth Tullock and Marion Dunn.

The high school honor roll follows: Seniors, Ruth Tullock, Evelyn Conrad, Mildred Schaffer; juniors, Velma Wills, Donna Davis, Doris Hayes and Russell Hensling; sophomores, Lorane Mitchell, Leona Kragenbrink, Mabel Drew, Ann Mitchell, June Kirk, Lowell Davis, Harlow Hayes and Charles Schaffer; freshmen, Iris Mitchell, Merry Henriksen and Dorothy Lindsey.

The senior boys went on a sneak down the Siuslaw Thursday and Friday.

A skating party was given Wednesday night by the eighth grade and high school honoring Joe Dolan who is leaving soon for his home at Houlton. Mr. Dolan has been principal of the grade school the past five years and most high school students are former pupils. He will teach at Warren next year.

A son was born May 24 to Mr. and Mrs. Robert Thurston who recently came here from Missouri.

A party was given Friday afternoon by high school students honoring Merry Henriksen who

left Saturday with her mother and sister Thelma for their former home in Minnesota.

A shower honoring Wilma Lynch was given at the I.O.O.F. hall Friday afternoon with Mrs. Ralph King and Mrs. Gladys Perry as hostesses. About 50 ladies were present. Miss Lynch received many lovely gifts, also a number of gifts were sent by some who were unable to attend.

Those on the grade school honor roll for the past year are: Eighth grade, Marvin Allender, Fern Albright, Eddie Burgess, Harriet Kempston, Olive Keep, Verna Powell, Ruth Rowlette, Gene Davis, Winnie Lohrey; seventh grade, Rachel Becker, all subjects, Josephine Burgess, William Christenson, Paul Weaver in spelling; sixth grade, Eva Elliott ones in all subjects, one or more subjects, Robert Keep, Cecil Abbey, Anna-belle Sands, Lloyd Albright, Kenneth Hayes, Barbara Guggisberg; fifth grade, LeRoy Treffry, Donald King, Alfred DeBau, Polly Wittstruck, Irene Briggs, Franklin Weaver, Willard Gowing, David Kempston; fourth grade, Lois Gibson, Maxine Gowing; third grade, Sylvia Becker, Dorothy Purbough, Beldon Briggs, John Briggs, Cecil Jenkins, Elva Mitchell, Eugene Mitchell, Donald Perry, Edna Rowlette, Floyd Stacey, Juanita Ann Wilcox, LeRoy Wittstruck, Rex Keep; second grade, James Allridge, Mildred Allender, Irene Arthur, Betty Cople, Fred Haskins, Helen Johnke, Russell Jenkins, Rena Rieck, Reta Rieck, Alvena Skelton, Alberta Smith; first grade, Cleona Allridge, Thomas Arthur, Dorla Dean Bates, Melvin Gowing, Walter Hayes, Barbara Jenkins, Delbert Jenkins, Dennis Mitchell, Merle Ream, Mildred Skelton, David Sands, Larry Dean Perego, Asa Keep.

Wilma Lynch, daughter of Mr. and Mrs. Ralph Lynch, and Wallace Richardson were married May 28. They went to the coast on a short wedding trip. They will be at home in the house formerly occupied by the Lovell family near the Addison Lumber company mill. The bride has been a resident of this community all her life and is a graduate of Lorane high school. The bridegroom also attended Lorane school and has been a resident of the community several years.

The girl scouts held a meeting Monday night near the high school. Five girls were present. A marshmallow roast was enjoyed after the meeting. Meetings will be held in the afternoon during the summer. Next meeting, June 13, will be at the Dunn place.

ICE CREAM FREEZERS

For Home Made Ice Cream "Like Mother Used to Make."

Water Sprinklers

To Keep That Lawn or Garden In Shape

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