



COME TO THE SOUTH LANE



AT THE COTTAGE GROVE ARMORY, AUG. 22-23



Help Make a Bigger, Better Fair

By Your Attendance.

If it's car service you want (oils, gas, tires, lubrication, etc.) don't pass the Red Horse Service Station

Cap Cruson's Red Horse Service Station
5th and Main

The South Lane Fair

has grown better every year.

Let's encourage further growth by attending and encouraging more and better exhibits.

Mountain States Power Company

The South Lane Fair

deserves our support. Let's boost it by attending.

Craig & Miller Transfer

All kinds of hauling. SF pickup and delivery. Phone 6

Cottage Grove Ice Works

Phone 255

Meet Your Friends and Neighbors at the Fair

Help a worthwhile enterprise by your attendance.

Cottage Grove Hotel

H. C. Schmelling

Come to the FAIR

If we can serve you during your visit here, call us please

Groceries
Bottled Drinks
Ice Creams
Courteous Service.

Sixth Street Grocery

Paris and Kathleen Breedlove.

Control Work May Be Undertaken in Deschutes Forest

Control work in several lakes in the Deschutes National forest is contemplated by the Oregon State Game Commission, according to announcement by C. A. Lockwood, assistant state game supervisor, in charge of this work.

At present, Mr. Lockwood does not know in what lakes the control work will be carried on. However, there are a number of fine trout lakes in this area now infested with trash fish, and in some instances biologists employed by the commission have reported trout afflicted with parasites and worms. Where such conditions exist, the affected game fish will be eliminated along with the trash fish.

Mr. Lockwood, accompanied by Ross Newcomb, leader of one of the lake and stream survey crews, and Dr. Francis P. Griffiths, game commission biologist, will go into the area this week to determine what lake work is included in the control work this year.

the vitamins and minerals and other food essentials in the yardstick will take care of themselves.

In Oregon a state nutrition committee has been set up for several months. Doctors, educators and nutritionists comprise this committee. Ways and means of reaching every section of our state with the recommendations of the national committee and putting these recommendations into actual practice are now being undertaken by our state leaders in nutrition. The help and cooperation of everyone is needed in this undertaking to make Oregon people stronger and healthier through better eating habits.

Following is the master diet plan which homemakers may adapt to their own uses by choosing the foods in each group that are available, that they can afford, and that they like best.

Milk—Three-fourths to 1 quart every day for a growing child; 1 quart for expectant or nursing mothers; 1 pint for everyone else. Tomatoes, Oranges, grapefruit, green cabbage, raw salad greens—1 or more servings for everyone. Leafy green or yellow vegetables—1 or more servings. Potatoes, other vegetables, and fruits—2 servings or more a day. Eggs—1 a day (or at least 3 or 4 a week).

Lean meat, poultry, fish—1 or more servings a day. Cereals—At least 2 servings of whole-grain products or "enriched" bread.

Fats and sweets—Some butter every day, and enough more fats and sweets to satisfy the appetite.

Nutrition Yardstick

In nutrition history, one of the big events recorded for the year 1941 will be the setting up of the "yardstick" of good nutrition for the United States.

This yardstick is a guide worked out by a committee of eminent nutritionists to help improve the nation's food habits. It is a goal toward which leaders in nutrition have agreed to aim in planning for the nutrition of the nation's families. This goal for good nutrition is based on scientific data—all the facts that careful research has shown us up to now of what foods human beings need and how much.

This yardstick is simply a table which gives for persons in normal health the recommended daily allowances for food. The number of calories the diet should supply is specified, and the allowances suggested for protein, calcium, iron, and the six best known vitamins are given in scientific units—grams, milligrams, or international vitamin units.

The yardstick is now being translated into terms of everyday and can club, reported Monday that there had been approximately 65,000 rainbow trout planted in the streams surrounding Cottage Grove, namely: Mosby Creek, Row River, Brice Creek, Sharp's creek and the Coast Fork of the Willamette.

ICKES PREDICTS GASOLINE RATIONING FOR WEST COAST

A prediction that the west would soon feel the pinch of gasoline rationing was made Tuesday at Spokane by Secretary of Interior Harold Ickes before he left Spokane to visit Grand Coulee Dam, federal power and irrigation project.

Secretary Ickes said he did not think westerners would feel the shortage as much on the Pacific Coast as on the Atlantic seaboard where transportation problems are different.

65,000 RAINBOW TROUT PLANTED.

N. J. Nelson, chairman of the fish and game distribution committee of the Cottage Grove Rod and Gun club, reported Monday that there had been approximately 65,000 rainbow trout planted in the streams surrounding Cottage Grove, namely: Mosby Creek, Row River, Brice Creek, Sharp's creek and the Coast Fork of the Willamette.

COTTAGE GROVE CREAMERY

Butter — Ice Cream

A South Lane County Industry

OREGON STATE



* HUGE EXHIBITS * SPECIAL ACTS * Midway Thrills * HORSE SHOW * GENERAL ADMISSION ADULTS . . . 50c * AFTER 4 P. M. 25c * CHILDREN under 12 years — FREE! * PARI-MUTUEL HORSE RACING * BIG NITE REVUE * Dancing Nightly

STATE FAIR GROUNDS SALEM, ORE. SEPT. 1 to 7

FAIR PROGRAM

Friday, August 22

EXHIBIT HALL AT ARMORY OPENS AT 9:00 A. M.

1:00 P. M.—ENTRIES CLOSE

1:00 P. M.—START JUDGING

5:00 P. M.—PLACING RIBBONS

6:00 P. M.—PICNIC AT CITY PARK. EVERYBODY INVITED TO COME AND BRING YOUR BASKET. FREE COFFEE AND ICE CREAM FURNISHED BY CHAMBER OF COMMERCE

7:00 P. M.—CROWNING OF QUEEN BOHEMIA I

7:30 P. M.—FREE BALL GAME AT KELLY FIELD, QUALITY MARKET vs. KNICKERBOCKER'S. THIS GAME WILL DETERMINE CITY CHAMPIONSHIP

9:30 P. M.—AT BALL PARK. FREE FOR ALL SPITTING CONTEST, UNDER SUPERVISION OF SPIT & WHITTILERS CLUB. FREE PLUG OF YOUR FAVORITE CHAWING DONATED WINNER.

Saturday, August 23

EXHIBIT HALL OPENS AT ARMORY 9:00 A. M.

9:30 A. M.—ENTRIES CLOSE FOR PET PARADE. ALL CONTESTANTS IN PET PARADE MUST BE AT CITY PARK BY 9:30 A. M. JUDGING PARADE STARTS AT 9:30 A. M.

10:00 A. M.—PET PARADE STARTS AT CITY PARK AND PROCEEDS WEST ON MAIN STREET

11:00 A. M.—EXHIBIT HALL OPENS AT ARMORY

4:00 P. M.—FAIR PREMIUMS PAID TO WINNERS

6:00 P. M.—EXHIBITS RELEASED

8:00 P. M.—CARNIVAL AND JITNEY DANCE AT ARMORY. LOTS OF FUN FOR EVERYONE. SIDE SHOWS AND ENTERTAINMENT FOR ALL

Still Time For Exhibits at Fair

Here is a brief summary of the fair premium list. Prospective entrants still have time to prepare an exhibit and are urged to do so by the fair committee. Entries will be closed at 1:00 p. m. Friday.

Division A consists of grange and agricultural organization awards. Division B: Any farm youth organization in southern Lane county. Division C: Any youth movement organization. Division D: Flowers, including potted plants, ferns, geraniums, fuchsias, begonias and best specimen any other blooming plant. Cut flowers: Best bouquet asters, large and miniature. Dahlias, large, pompon and miniature and 3 spikes delphinium. Gladioli, marigolds, large, medium, miniature, large and miniature. Daisies, large, pompon and miniature and hybrid and climbing. Zinnias: Large, medium, fantasy, miniature. Miscellaneous: 300 prizes to be awarded with no single prize more than 50 cents. Special: Miniature gardens, prizes to be awarded by P.D.G. club.

Division E: Foods — White bread, brown bread, biscuits, cookies, including six ice box cookies, six vanilla, six fancy cookies. Cakes: Loaf cake, sponge cake, angel food cake, light layer cake, dark layer cake. Pies: Open, two crust. Canning: 2 jars vegetables, 2 jars fruit, 2 jars meat, fish or fowl, two containers jelly, jam, 2 jars pickles, 2 containers relish.

Division F: Textiles: towels and scarfs, tea towel, hand towel, bedspreads, pillow slips, table linen, quilts, rugs, hosiery, crochets or braided, pillows and miscellaneous including needlepoint, art piece, centerpiece.

Division G: Art—Miscellaneous: taxidermist specimen, baskets, oil painting, water color.

Division H: Antiques — Dishes, silverware, glass, old books, miscellaneous.

Division I: Fruits, farm products: Apples, pears, prunes, peaches. Table vegetables: Beans, beets, carrots, corn, potatoes, cabbage, tomatoes, cauliflower, cucumbers, melons, pumpkins, and squash. Farm crops: Wheat, oats, barley. Seed crops: Field peas, hairy vetch, clover seed, field corn, grasses.

F.F.A. Livestock: Calves, sows, breeding ewes.

Hobby Exhibit: \$5.00 in prizes for this department with ruling no one exhibitor receive more than \$1.00.

MAKE A GOOD FAIR BETTER BY ATTENDING.

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Have a Good Time at the FAIR

Make life easier in the home with the modern gas appliances.

If a resident of Cottage Grove, see us for gas ranges, heaters and Electrolux refrigerators

Cottage Grove Gas Company
Phone 90

Bring Your Family and Your Prize Exhibit to the South Lane Fair

Dependable Hardware

WE HOPE You'll Take Time to Attend the Fair

and its attractions, and bring the family. If we can be of service to your car, call us.

Woodson Motors
Authorized Ford Sales and Service.

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C. A. BEIDLER FEED AND SEED STORE.

Quality Market
"The Ideal Meating Place"

Welcome Fair Visitors

Doleman's
Dixie Bakery

You Are Cordially Invited to See the South Lane Fair and the Pet Parade and attend the picnic, dance and carnival.

Make this bank your financial home.

First National Bank of Cottage Grove

Let's Encourage a Worth While Enterprise by attending the

South Lane County Fair
August 22-23

If in need of any kind of building material — Call on us.
Vinal T. Randall
Phone 60

Make the Fair the Two Big Days for Every Member of the Family by Attending

And after the fair let us give your clothes that new appearance again by cleaning them. It's only two more weeks until school starts. Give your children a fresh start by sending their clothes to be cleaned and renewed.

COLLINS LAUNDRY AND CLEANERS

PHONE 44

Come to the Fair

Farmers' Union

Groceries—All kinds of feed

Fair Visitors

Come as you are to the Drive-In Barbecue for choice foods.

Special chicken and steak dinners and barbecue sandwiches.

Food prepared as you like it.

Drive-In Barbecue

Waldo Hensley, Prop.
New Highway Near Fifth Street
LET'S ATTEND THE FAIR

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