

Cottage Grove Sentinel

Established August 15, 1889
Published Every Thursday at
Cottage Grove, Oregon

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Editor, Publisher

Subscription Rates, Cash in Advance

In Lane-Douglas Counties	1 year \$2.00
In Lane-Douglas Counties	6 months \$1.25
In Lane-Douglas Counties	3 months \$0.75
Outside This District	1 year \$2.25
Outside This District	6 months \$1.50
Outside This District	3 months \$0.90

Exceptions: Men or women serving in the armed forces may continue to subscribe for the Sentinel at \$1.50 per year.

Foreign rates on application. No subscription accepted for less than 3 months. Important: In changing address notify us immediately and give former as well as present address.

Entered at Cottage Grove, Oregon, as second class matter.

Member
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ANOTHER REHABILITATION PROBLEM

Some say don't plan for peace until the war has been won, but this isn't a good rule to go by; at least it is not observed by the war mongers, who were working diligently at promoting the present conflict more than a dozen years before it actually happened. We were lulled into a false sense of security twenty-five years ago; we should not make the same mistake twice.

To get back to another rehabilitation problem, the solution to rehabilitating some 20,000,000 war workers and 8,000,000 men of the armed forces isn't the only problem we will have to deal with. The defense centers have attracted a percentage of the thrifless population, who will be on the move again, once war work ceases. We are not a war work center so far as this industry goes, but we will have to share in the responsibility of meeting that portion of the population that may come our way.

The bad part of it is this class of people who filled a major portion of our relief rolls in the hard times appear to be faring little better so far as getting ahead financially is concerned. The so-called bread winners of these families have been responsible for bringing about much of the discussed absenteeism in war plants, if results of a survey made in Portland mean anything. In most of the cases investigated the absentees were found to be recuperating from a hang-over, which does not speak so well for the dives, taverns and the liquor traffic.

If thrown out of job tomorrow, this class would be on relief. Political help has not seemed to afford any cure for the situation. Maybe we should go a little deeper in some sort of an educational program and perhaps if we find a solution to juvenile delinquency we will find that it has a direct connection with the diffident citizen.

HISTORY'S BIGGEST JOB

When this war is over the United States will be in no position to return to isolationism. Hard headed economists agree that a broad program of international trade is the only sound method by which the American people can hope to service the crushing war debt now accumulating. In plainer words, we will either trade with the world, thus helping to maintain maximum production and employment for American industry and American workers in order that they may pay the taxes that will be needed by a debt-burdened government, or we will retreat toward isolation, bankruptcy and another war.

We have everything to gain by taking the lead in establishing a just and permanent peace, and in breaking down artificial trade barriers between nations. Millions of men now in the armed forces will bring home with them a new understanding of the problems and needs of the rest of the world. These men will have seen demonstrated the hopeless plight of people broken under tyrannical governments. They will have seen why our forefathers fled the old world to set up the American Republic. They will bring home with them a realization that war is a destroyer of freedom; that recurring war abroad will ultimately clutch with bloody fingers at our own freedom.

As good American business men, they will realize that we have ahead of us the biggest organizing and selling job in history if we are to help prevent future wars and save ourselves from bankruptcy and enslavement. We will have to help formulate and enforce a lasting peace, while leading the way in rehabilitating the world through trade.

This job has already commenced under the foreign trade policy of the American government. It should be carried forward in preparation for the day when peace returns.

RADIO REPAIRS

By
Dexter Somers

318 Main

INCREASE IN SALMON PACK

This year's pack of Alaska Salmon is expected to reach five million five hundred thousand cases. Last year's pack amounted to five million three hundred thousand cases.

Bookkeeping Outfits, all kinds. The Sentinel.

We Will Be
CLOSED

Monday

and

Tuesday

April 19 and 20

While our buyer is in Portland looking for new merchandise in furniture.

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FOR FURNITURE

Budget Terms.

Trade in Your Furniture for New

LION ROARS

BETTY THOMPSON, Editor

Senior Play Cast

The cast for the characters of the senior play, "Lost Horizon" by James Hilton, to be presented May 7, was announced by Mrs. Julia Shick Tuesday, April 6, as follows: Myra and Elizabeth, English girls, Mary Marden and Joyce Baldwin; Wyland, of the English Embassy, Faye Davis; Ruthford, an English man, Robert Daugherty; Chang, an elderly Chinese, Vance Meyer; Conway, a Consul, Charles Cooley; Mallinson, his admirer, Kenneth Franklin; Miss Brinklow, a missionary, Betty Thompson; Mr. Henry Barnard, an American business man, Earl Bridwell; Lo Tsen, a Chinese girl, Janet Rynearson; Helen, an English girl, Carolyn Englund; High Lama, Leo Roberts; Tashi, a Tibetan girl, Marian Turner; Ai Ling, a Chinese serving girl, Betty Powell; a Tibetan boy, Joe Watson.

The production staff is as follows: Publicity, Faye Davis, Bob Daugherty, Joyce Baldwin; stage crew for sets, Neil Hammond; properties, Ralph Allen and Marian Turner; costumes, Shirley Woodard and Betty Powell.

The first reading of the play took place April 7. This begins a four week period of relentless rehearsing. Production date May 7.

Miss Parks and the stagecrafters are planning the set.

Primary Election Results
Results of the high school primary elections held April 9 are: President, Kenneth Hansen and Howard Harpole; vice president, Elwin Howell and Dick Balch; treasurer, Velma Pollock; business manager, Richard Chambers; advertising manager, Stan Daugherty and Bob Bauder; secretary, Joan Short and Mildred Collier; editor, Kay Taylor and Vivian Pollock. A general election will be held April 16.

Jam Session
The sophomore class is presenting a "singing jam session" Friday night, April 16, to be held in the school cafeteria. There is to be a special program, including a "hit parade" chosen by the students, along with the singing of old favorites and popular songs for the group. The highlight of the evening will be the contest among the class home rooms for the best illustration of a song. A prize will be given for the best and most original performance. It is the first of its kind in our school and the class is hoping for a large attendance.

Open House Program
The third annual open house was held April 9. A 44 minute program consisted of "Revelry" by the band, a speech of welcome by Bob Daugherty, "Make-Up" by the freshmen dramatics club, "What Our School Is Doing for Victory" by Kay Taylor, "Son of the Swastika" by the Footlighters, and "The Star Spangled Banner" by the audience. Sergeant John Palmer's letter to F. L. Grannis, faculty and students was read by Ben Hickey.

Parents following the class schedule of their son or daughter.

Outstanding Girls
Betty Morgan was voted the outstanding G.A.A. girl and Chloris Roberts the outstanding letter-girl at a meeting of the girls' athletic association and lettergirls last Monday. The selection was made on the basis of sportsmanship, athletic skill and popularity. These girls will reign over the Playday activities to be held here April 17.

Lettergirls, Playday
The annual G.A.A. and Lettergirls' playday is to be held Saturday, April 17, at the high school. All girls are invited to attend and a special invitation is extended to the eighth grade girls.

Each girl is requested to bring her own lunch. All sorts of games are to be played and there will also be a short program and a posture parade. Initiation of Lettergirls is to be held. The following girls are to be initiated: Martha Crick, Ruth McCall, Virginia Garlinghouse and Mildred Fisher. The following G.A.A. girls will also be initiated: Ann Armstrong, Sharon Hayer, Ida Fredell and Betty Kinsland. Announcement of the outstanding G.A.A. and Lettergirl, will be made at the Play-Day exercises.

Candidates Introduced
At the political assembly April 7, the candidates for next year's student body officers were introduced.

Ralph Allen, this year's business manager, was in charge of the assembly. Each candidate was called on to answer a series of questions but it seemed that none of them had much to say. Maybe they were bashful!

Those introduced were: president, Howard Harpole, Kenneth Hansen, Richard Chambers; vice president, Mary Gasper, Elwin Howell, Dick Balch; secretary, Joan King, Sara Bjorset, Joan Short, Mildred Collier; treasurer, Velma Pollock; business manager, Richard Chambers, Elwin Howell; advertising manager, Stanley Daugherty, Bob Bauder, Keith Woolley; editor, Kay Taylor and Vivian Pollock.

Primary elections were held Friday, April 9.

Banquet War Casualty Maybe

The traditional junior-senior banquet will be another casualty of the war unless some organization can be found to take over the job of preparing food for the banquet. The Dorena Grange, the organization that has contracted the work in past years, say they are too busy to undertake the job this year.

The ration board turns thumbs down on extra food for special events so this makes it all the more difficult.

If anyone knows of a group that would contract this work please let the junior class president, Howard Harpole, or Mr. Davis know immediately.

School Briefs
The freshmen led in the defense stamp sales for April 1 with a total of \$25.70. The seniors were second with \$22.15, juniors third with \$12.30 and the sophomores fourth with \$4.70. This makes a total of \$64.85.

Divide

Price Hamilton came home Monday evening from a three weeks stay at the Eugene hospital where he underwent an appendectomy.

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and Cleaned
5 Qts. Mobiloil

All for
\$3.95

Red Horse Service Station

George Hohman, Prop.

5th and Main



Mr. and Mrs. Will Norris of Cottage Grove spent last week at the home of Mrs. Norris' sister, Mrs. Frank McGarvin.

J. R. Ferguson and little daughter Sharon have moved to Portland where Mr. Ferguson is employed in defense work.

W. C. Pynch is home from Portland doing farm work.

Mrs. Anna Burkett is home from Marshfield where she spent a month at the home of a granddaughter, Mrs. Naomi Mackintosh.

Mr. and Mrs. Albert Tonole and two small daughters are expected home this week from a two weeks visit in Sacramento and San Francisco, California.

Mr. and Mrs. Robert St. Elmo and daughter, Mrs. Grace Swerling and son Bobbie, visited Sunday at the D. E. Mathews home at Dexter.

Mr. and Mrs. Frank McGarvin received word from their son Dale that he has been transferred from a training camp at Atlanta, Georgia, to Stockton, California, where he will attend a school for motor mechanics for two months.

Mrs. Walter Robinson reports that her nephew, Gene Harris, left last week for Fort Knox, Kentucky, to enter a training camp. Mr. and Mrs. Price Hamilton have received word their two sons Ivan and J. P. of Portland have entered the armed service. Ivan left last week for Fort Lewis and J. P. will receive his call in a few days.

Mr. and Mrs. R. H. Kenady have received word from their son Donald who is at Camp Perry, Virginia, that he is well and has been promoted to seaman first class.

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OVERWEIGHT UNPATRIOTIC AS WELL AS UNHEALTHY

Dr. H. A. Hagen

To be overweight in these days when every ounce of food must be used wisely is unpatriotic as well as unhealthy and unesthetic, health authorities of the Metropolitan Life Insurance Company charge in their Statistical Bulletin.

Currently used tables of average weights for women are criticized for showing increases with advancing age which are neither necessary nor desirable. A large scale study by the company has "definitely shown that at the young adult ages a moderate degree of overweight was beneficial, but that beginning at about age 35, the advantage lay with women of average weight. In middle age and beyond, the underweights had the best longevity record. Frank obesity was bad at every age."

They propose a new set of "ideal weight tables for women over 25 which take into account

differences in body build and height. According to these tables, women over 25 years of small frame and a height of five feet five inches, with shoes, should weigh between 119 and 128 pounds in ordinary clothing. Women of this same height of medium frame should weigh between 127 and 135 pounds. Large-framed women of the same height should weigh from 133 to 145 pounds.

Soup fin shark, now our richest source of vitamin A, was once used as fertilizer and sold for as little as \$10 a ton.

Sugar substitutes such as sorghum and molasses are actually more nutritious, being rich in iron and calcium.

Many foods retain more nutritive value when dehydrated than when sun-dried or canned.

At least 75% of early active tuberculosis can be discovered only by X-ray examination.

Mrs. Mable Howard and two little girls Patsy and Luella Sims of Corvallis spent the week end with Mr. and Mrs. Ben Anderson. Paul Anderson is at Camp Callan, California, near San Diego.

Salesbooks, receipt books, book-keeping systems. The Sentinel.

Look Out! for the
Tire Gremlins



Look out for Flatty Gremlin —
He's a menace to your tires.
To wear 'em out before their time
This little imp conspires.
He chuckles at your negligence
Because he knows the consequence.
So guard your tires from needless wear
By giving them the proper care.
Essential to your tire protection
Is frequent, regular inspection.

THE NAME "U.S." ON A TIRE...

means more to-day
than ever

A Ration Board Certificate permitting the purchase of new tires, issued according to OPA regulations, does not stipulate the make of tires you may buy. That decision is your privilege.

So with an OPA tire rationing certificate you can get U. S. quality and the U. S. assurance of low cost mileage.

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