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THE SILK SHIRT ERA

(By Ralph de Castro in Waverly Times)

The last war, . . . remember?

Silk shirts!

Pink ones, green ones, blue ones with white stripes—millions of them.

And silk stockings for the women—on legs that had never felt anything but cotton before.

Wrist watches . . . rings . . . bracelets . . . hand-tailored suits . . . ten-dollar felt hats . . . better, larger, sweller apartments.

Then it happened.

1918 and the Armistice. The war boom petered out. In factory after factory the wheels turned slower—slower—then stopped.

The cuffs on the silk shirts were frayed, and the colors were faded . . . and the silk stockings were gone, and the rings and the watches were in pawn shops . . . and people moved back where they'd come from. But . . .

"Don't let it get you down, Bud! You can't hold this country back. God's country! Don't sell America short—why with our natural resources—and the way we work . . ."

So we started on the second lap, on the same circular track. 1923-1929. Prosperity. Nothing ever like it before in the world.

Stocks—up 50 points in a week—thousands, millions—billions of dollars of profits—on paper.

Bootleggers . . . parties . . . automobiles . . . more silk shirts new suits . . . radios, refrigerators, real estate, furniture, diamond rings, boats, shoes, hats . . .

Then—1929 and Crash again!

Remember?

Bread lines . . . the Bonus Army . . . ex-soldiers selling apples on street corners . . . "brother, can you spare a dime?" . . . stocks going down—down—down . . . business failures . . . suicides . . . Relief . . . N. R. A . . . W. P. A . . . CCC—and no jobs yet, and shoes run down at the heels. And the kids—undernourished—crying a lot—and "the lost generation . . ."

How come? How did we get that way—again? Why did it happen here, when it couldn't happen here?

Well, let's look back—let's see how it did happen.

Bonds weren't good enough for us. Savings banks weren't as exciting as brokers' offices.

We were trying to compress our lives—to squeeze the juice of three score years and ten into a decade. We wanted for next to nothing the things our fathers had worked and sweated and saved for.

My wife's clothes had to be better, smarter—more expensive than your wife's—and her jewelry, too.

You spend a thousand dollars for your car? So what! I'm spending thirteen hundred for mine. (On time).

The old one? Oh, I traded it in when I bought the new one—and the new refrigerator, and the dining-room furniture—silk, eh?—modern," they call it.

How much? What's the difference?—Twenty-four payments of eighty dollars instead of sixty-five! I'll never miss it . . .

Hold on a minute, brother . . .

Did we "miss it" in the early "thirties"? Did we "miss it" when some fifteen million men walked the streets—camped out—lived in huts and shacks and lean-tos?

Hold on once more . . .

This time chances are we won't bounce back again! Many people now realize what a close shave it was the last time . . . how desperately near we were to chaos and national ruin.

Must we come down with another crash? Must we ignore, not one, nor two, nor three—but the dozens of lessons taught us by history? Must we head straight along the road-to-ruin we took the last time?

It's what's beginning to happen, right here—now—in our country.

People are making more money than they ever did before and spending it faster than they ever did before.

The old "short-life-but a merry-one" story is back with us. But how merry is it?

Where's the money coming from—"prosperity"? No . . . war. From the Business of Death we've been forced into. From things made to kill people. From things made to kill other people so they won't kill us.

Win, lose, or draw, the war will end some day. No war has lasted forever.

Then what?

Those same war-factory wheels will again slow down and stop. Men will walk out of factories, and hear the gates grind closed behind them—many of them to stay closed.

And maybe the green glass will grow between the stones of the factory court-yards before the men will come back to work again . . . slowly . . . a few at a time.

The same as the last time? And the time before that? Well it shouldn't be, but it will be even worse—unless we use our common sense now!

There's no special Providence watching over this country, in spite of all our songs and slogans.

We're people—just like any other people.

But listen, Mister . . .

Don't fool yourself! The time's going to come when you'll need those dollars you're throwing around now.

If hard times catch up with you, it isn't that night-club proprietor who's going to return the money you spent in his place—no, not any part of it!

And all the unnecessary gimmicks and gadgets you think you need now won't be worth a dime on the dollar then.

And when your pockets are empty it won't be because you'll be taking money out of them—but because no money will be going into them.

How about those bright kids of yours? Will they have to work instead of going to high school or college?

And those beautiful rings you bought your wife? Supposing you lose your job . . . how long can you last before pawning those baubles, for a fraction of what they cost you?

Don't ask how happy you'd be with what you get for your money—but whether you'd be miserable without it.

That's the only test. Otherwise you're just kidding yourself. Lighting matches to ten dollar bills you're going to need—sure some day.

What? Oh, you're making more money? Then save more—don't spend more!

Why do you suppose your government urges you to save? It's perfectly simple—to ward off disaster. To make sure that



"They Give Their Lives—You Lend Your Money"

the crash that "couldn't happen here" doesn't happen again. So that possible (if not probable) after-war depression doesn't find you at the tail end of a bread line fifteen-million-people-long. So that a war we win by fighting won't be lost by waste.

GIRL JUVENILE CRIME ON INCREASE

There has been an "alarming" increase in juvenile crime, FBI Chief J. Edgar Hoover told a committee of Congress last week. He furnished particulars that showed an amazing and dangerous state of affairs. Certain crimes committed by girls under 21 years of age have increased 64.8 per cent, up to 104.7 per cent in a year. In the same class of crimes the arrests of young men under 21 have increased 17.1 per cent. Mr. Hoover told the committee that in spite of the fact that so many young men have gone into the army and navy that practically all the arrests are of civilians. "If conditions had been otherwise the percentage of crimes of young men would be much higher," he added.

He attributed the increase in juvenile crime to high pay for youths, lack of recreational facilities, and decrease of home influence due to the fact that so many fathers and mothers are both working.

HOW TO LIVE AND LIKE IT!

Dr. H. A. Hagen

It is a sad commentary on human perversity that in the face of a great wealth of public health education, comparatively few of us get a real kick out of living.

Once in a blue moon we hear some one say, "I could eat an elephant!" or "I could lift my weight in wild cats!" These are the rare individuals who are getting the most out of life. Because physical health is at a high level, they are brimming with good spirits. The world is theirs.

The much more usual comments that one hears, however, are likely to be, "I have no appetite," "I'm not myself today," or "I didn't sleep so well last night."

The fundamental secret of good health and, incidentally, of happy, energetic living, is normal nerve function. Therefore, if we want to learn how to live and like it, let us make a deliberate and sustained effort toward the achievement of this happy state; for, normal nerve function reflects perfect health and perfect health can only result from normal nerve function.

Don't Worry!

Life all about us is geared to such an exhausting pace that we become confused; we forget the simple rules of healthful living. To quote an anonymous philosopher, "We need to be reminded more than we need to be educated."

We cannot break these rules without suffering the consequences. The first and most important of these precepts is "Don't worry!" More easily said than done, it's true, but a common-sense attitude toward conditions will be an invaluable help. Worry has never yet warded off a catastrophe but it has helped bring it to pass. On the other hand, if you worry about something that never happens, you have succeeded only in depleting your own health—to no end.

Eat Wisely!

Another simple rule of living is to eat wisely. With the whole world so food-minded and nourishment-conscious, this should be a comparatively easy matter. What with the protection of the pure food laws and the endless balanced diet lists available at any public library, proper dieting should present no problem.

Exercise!

One rule that we are generally prone to forget is regular exercise. Stretch like a cat, night and morning, and do a few simple setting up exercises to improve the posture. Correct posture not only helps the normal flow of nerve force, it tends to present a forthright, self-respecting personality to the world.

Every person should devote a few minutes a day to effective postural exercises. In addition to the one illustrated, a perfect exercise to strengthen the back, is as follows: Upon arising from sleep, take a position lying on the abdomen, preferably on the floor.

ABOUT CHILD WELFARE

To the Editor: As Mark Twain of revered memory, once said, "Everybody talks about the weather, and nobody does anything about it," that could go, too, for current (and not so current) problems of child delinquency.

At a meeting several weeks ago in the city chambers, a committee was formed to forestall delinquency, and again last evening in the meeting of the Calvin Funk Post, it was given considerable discussion. Arguments pro and con about the use of the armory, have been made, for a suitable place of congregation, for the children. Objections have been offered because of military necessity. It has been asked that a subscription list be started to obtain around \$25,000 for a suitable recreation hall, centrally located, under supervision. The argument against this proposition is to the effect that we cannot get priority to build just now, but it is a matter of record that the federal government is spending thousands of dollars to prevent juvenile delinquency, and certainly would not go contrary to its own idea of the fitness of things. So that is no great argument against subscription. Now, another thought is offered. For years the Legion membership has been instrumental in bringing the need of child welfare to the American public, it has through its dues paid in, also spent untold thousands of dollars, and it's descriptive booklet, in this subject are gems of reason, as stated by your own chief of police, who has the books in his personal files. So: Here is an idea to mull over: there is not a community—yes—not a home now, wherein is a veteran of some war or other, we of the Legion have for years wanted a place of our own to meet in, we have not met with any enthusiastic response on that, but I recommend to the public of this community this thought to bear in mind: These boys of this war are coming home some day (soon, please, God) and why not a local Veterans Memorial Building, giving some worthy veteran the job of caretaker, with a veteran's committee, plus membership on the board to elected citizens, to administer the functions of the project. It would be here that the Legion could function again in child welfare, under our supervision, these children could have a place to convene, you would have no anxiety as to where they were. One large hall of this nature could house all veterans organizations and at the same time offer a place where social functions of the community could take place. Three projects for the price of one and certainly with benign governmental sanction. I leave the idea with you—California and other adjacent states have these places for its veterans, surely the boys of now deserve well of you, and so to voice—it's a place for the kids to enjoy themselves.—Ed. J. Gotch, Adj. and member of the Dept. Child Welfare Commission, The American Legion.

Flavoring and Gravy
Sour cream poured over the meat balls and allowed to simmer slowly for a few minutes sends a delicious tart flavor into the very center of each plump meat ball and eventually cooks down into a thick sauce, just right for serving as gravy.

Keep bread and cake in ventilated containers, scalded, sunned, and aired once a week.

The three C's for meat conservation: Clean, Cold, Covered.

Cover fresh meat loosely. Wipe with damp cloth just before cooking. If ground, store in extra cool place and cook soon.

Fish and other sea foods spoil in a few hours at room temperature. Cook at once, or wrap in wax paper to keep odor from other food, and store very cold.

Don't wash eggs before storing. Water destroys the protective film that keeps out air and odors. Wipe eggs off with dry, rough cloth. Store eggs in open bowl or wire basket in a cool place.

The fresher a vegetable when it is used, the better the taste, the less the waste, and the more vitamins retained.

To hold the sweet in corn, peas, and lima beans and to keep snap beans fresh, keep them cold. Let them stay in the pod or husk unless you can store them tightly covered in refrigerator.

Cauliflower, brussels sprouts, and broccoli lose freshness faster than cabbage. Leave them uncured; keep cold and not too dry.

BIRTH INJURIES

A Definite Hope in Chiropractic

According to a recent issue of the Scientific American, Dr. Edgar A. Doll, of the Training School at Vineland, New Jersey, recently told the American Psychological Association that one-tenth of the inmates of institutions for the mentally deficient owe their condition to injuries produced at birth. When we consider that mental hygiene surveys indicate that there are nine times as many mentally deficient persons outside institutions as there are inside, according to Dr. Karl Meninger, and that a simple proportion of the great number probably also suffer for the same reason, it becomes obvious that Dr. Doll's statement is a severe indictment of our obstetricians.

The public should be acquainted with the fact that many of the injuries received by the infant at birth are actually vertebral or spinal displacements in the neck region of the spine. These conditions are amenable, to a large extent, by the Chiropractic method. In many instances, the results achieved by Chiropractic are remarkable. Of course, the earlier in life the Chiropractic method is applied, the greater is the hope of effecting normal development.

There are thousands of clinical cases on record which prove, without a doubt, that many cases of birth injured have a definite hope in Chiropractic.

Preserving Hints

Store to save. Find out how each food keeps best, and store each article in the right, and correctly cared for, cupboard, cooler, can or jar.

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To keep berries, cherries, and grapes tiptop, store in a shallow tray in a cold place. Wash just before using.

The natural sugar in dried fruits keeps them from molding easily. Store them in a tight bag or jar in a cool place. Watch in warm weather for worms or weevils.

Crisp cookies and crackers often if kept with bread and cake. Keep them in airtight tins or boxes all their own.

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To Americans, the right to worship as they choose is as fundamental as the right to own their own property, or to choose their own life's work. But to our enemies, America's way is intolerable. The very precepts upon which our American life is built are the things they seek to destroy.

Faith and courage . . . initiative and honest sweat . . . a passion for liberty and justice and equal rights for free men—those are the seeds from which the American way of life has sprung. Today, America's Faith is undaunted. The light of freedom burns indelibly in the hearts of free American men fighting today until Victory!

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