

Aircraft Spotter Personnel of District Listed

(Continued from page 1.)
mann, February, 1943, to present date.

Mosby Creek Post

The Mosby Creek post is situated some six miles southeast of Cottage Grove on the Floyd Jones ranch. A cabin six by eight feet, equipped with a stove and necessary furniture is used by the post. Mrs. Floyd Jones, chief observer in writing of the post says: "This little hut is and has been playing a vital part in the aircraft warning service since December, 1941. We of this community are proud that we can answer our country's call in the struggle to keep our freedom by watching for enemy planes and guiding our own planes as they sometimes need help in stormy weather." The only time the Mosby Creek post has not operated since Pearl Harbor was a week in January of this year when the telephone lines were down.

For the most part observation during the day is done by the Jones family, ably assisted one day each week by Mrs. Ben Anderson, a near neighbor, and a mother of two sons in the service. Melvin Kerr, a 12-year-old boy, is proving very efficient recently. Mrs. Kittie Jones is chief observer and post instructor with Mrs. Gladys Castle, Mrs. Ben Anderson, and Mrs. Fannie Patten, assistant observers. At this time the post is holding two classes each week in plane recognition and ground observation. The classes will last for eight weeks, at the end of which time the post hopes to celebrate with a picnic rally and start the winter watching with a bang.

A list of observers who serve nights, most of them once each month, follows: Messrs. and Mmes. S. L. Russum, W. B. Layne, Claude Arne, W. D. Bostick, Roy S. Hands, Roy Hutchison, Floyd Raynes, Henry Snauer, Mmes. Lula Bettis, C. L. Brock, Iva Bennett, Ben Anderson, Harry Castle, Lee Dugan, Bernice Conn, Clifford Lebow, Walter Fox, E. R. Harris, Olive Eastburn, Gladys Lane, H. C. Gleaser, Ruby Burch, Fannie Patten, Verlin Ward, Winifred Mosby, Ada Overton, Glen Roby, D. A. Munsell, Ruth Patten, Monica Turner, Walter Winner, Carl Croninger, Betty Williams, Also Marion Bridwell, A. D. Baker, A. S. Lancaster, Evelyn Hutchison, Clifford Green, Roy England, Earl and Doris Black, C. A. King, Chas. Putnam, Betty Lee and Melvin Kerr. The Jones family, Floyd, Kittie, Harold and Mary.

THE LOST ART OF RELAXATION

By J. M. Rosen, D.C.M.C., Ph.D.
Most things in this world come to us as a result of effort. There is one thing, however, and a most vital thing it is, that simply will not come with any kind of effort. I am referring to the art of relaxation, and in times as these, when the fatigue of labor, the strain of living, and the apprehension of war bring so much tension, stress, and anxiety, it is really a necessity that we learn to relax properly. But, strange as it seems, this cannot be learned by trying. Actually, you must "let go" to accomplish good results.

Consider relaxation as a physiological process. The ability to relax is a sign of health. Health depends largely upon the blood circulation and nerve control; and circulation can, believe it or not, be influenced by thought. When thought is normal, that is, when not attended by excitement or strain, then the circulation is normal. Abnormal thoughts bring disturbed circulation, and it is a fact that we can consciously think thoughts which disturb the circulation. We can also consciously think thoughts that will restore normal circulation and thereby produce physical harmony. Relaxation invariably follows physical harmony, but from the present viewpoint, this requires no effort, just thought, a mental "let go" of all strain. So here is one factor to remember in learning the art of relaxation—an "effortless" attitude toward the desired goal.

The problem of nerve control is one best solved by your chiropractor, who can assist you to acquire the necessary coordination and poise that a normally functioning nervous system insures. The elimination of tension areas by skillful and scientific chiropractic adjustments contributes a mechanical factor toward the acquisition of relaxation that makes it possible to enjoy the benefits of passive well-being, which is another way of saying that you can relax without trying. And that's the best way!

DR. H. A. HAGEN

Ninety-six cents out of every dollar goes for War expenditures. The other four cents goes for Government expenses "as usual."

With The Armed Forces

The Sentinel this week received an interesting letter from R. R. Palmer, Seaman 2/C, U.S.A.A.S., stationed at Cabanis Field, Corpus Christi, Texas. He states that he looks forward every week to receiving the Sentinel and hopes to see the pictures of his two older brothers in with other servicemen soon. Of the brothers referred to one is a German prisoner and the address of the other is unknown. Another brother, Albert S. Palmer, yeoman 3rd class, who is stationed at Beeville, Texas, in the ground school administration, about sixty miles from Corpus Christi. The two brothers visit occasionally.

Two things a sailor likes and this is receiving letters or a newspaper from home. When a serviceman goes to the post office and asks for mail and receives none, it sometimes makes him homesick, Yeoman Palmer states.

He says, "I guess I'll stick for a yeoman, like my brother Albert. I would like to be a storekeeper and might be some day." He says further that he would like to know how many soldiers, sailors and marines receive the Sentinel.

Cpl. and Mrs. Leonard King arrived Friday from the Marfa, Texas, airbase, where Cpl. King is stationed as a maintenance man. They plan to visit Mr. King's parents, Mr. and Mrs. C. A. King, and other friends and relatives before returning about August 1st.

Chief Yeoman Floyd H. Bennett, son of Mr. and Mrs. Henry Bennett of 212 North 9th street, has received a commendation for distinguished service by the U. S. Navy in the sea warfare of the Southwest Pacific. The ceremonies were held Saturday at the San Diego naval air base station. He was among seven who received commendations.

First word from Staff Sergeant John Palmer since his capture by the Germans was received Monday by his parents, Mr. and Mrs. Chas. Palmer of Disston route. Sgt. Palmer was first reported missing in action in North Africa last February and later was reported a prisoner of the German army. The card written by Sgt. Palmer stated that he was well. It was dated March 26th.

Mrs. Francis Queener has received word from her husband that he has been sent overseas.

Cpl. LeRoy Cooper, son of Mr. and Mrs. Henry Cooper of Dorana, spent a short furlough with his parents the last of the week. Cpl. Cooper is cook first class at Fort Sumner, New Mexico.

The first word heard from Joe Young, Japanese prisoner, since last September, was received by his mother this week. The card was written last December while a prisoner at Camp Kawasaki and says "I am well and safe in Japan. My health is excellent. Have had no news of the family since June. How are you and family, especially Irene? Remember me to the kids." Word has been received that he has been transferred to Tokyo where he is being held prisoner.

Claude Lebow, navy aviation radioman third class and rear gunner in a dive bomber, is somewhere in the Pacific combat zone according to word received by his parents, Mr. and Mrs. Clifford Lebow of Mosby Creek. This is the first word received from Claude in several weeks.

Lt. (jg) Eric Lester White, CHC, U.S.N.R., former pastor of the Cottage Grove Baptist church, was graduated July 18 from the Navy Training school (Chaplains) at Williamsburg, Virginia. He has been assigned to duty on the west coast. Chaplain White was one of 44 recently commissioned Naval officers who completed the two months' training period at the school where students are prepared to adapt themselves to navy life. Chaplain White received his degree Bachelor of Arts from William Jewell College, Liberty, Missouri, in 1938, and the degree Bachelor of Divinity from Berkeley, California, Baptist Divinity School.

Lt. Robert G. Woolcott, who has just completed his training in the navigation school of the army air forces at Carlsbad, New Mexico, spent a short furlough last week with his parents, Mr. and Mrs. A. W. Woolcott of Silk Creek. All students at the Carlsbad school, the only one of its kind, are commissioned bombardiers who come to Carlsbad to receive a special intensified course in "dead reckoning" navigation. Lt. Woolcott left Monday for Portland, and from there, he left for Columbia Air Base, South Carolina.

Another son, Thomas Russell, who is now second lieutenant, graduated yesterday from the air force advanced flying school at Freeman Field, Seymour, Indiana,

at which time he received his pilot wings.

Gordon Asbury, graduate of the local union high school in 1942, and who has been stationed at Fort Sill, Oklahoma, with the field artillery, was recently transferred to Camp San Luis Obispo, California.

Willis Beldier, stationed with the coast guards at Portland, was home for the week end with his wife and parents, Mr. and Mrs. Fred Beldier.

First lieutenant (jg) J. B. Godard is home on leave from Washington, D. C., where he has been stationed. He is visiting his parents, Mr. and Mrs. J. F. Godard. He will leave Sunday for another station. Miss Jean Guyer of Forest Grove is also a guest at the Godard home.

Pvt. Floyd McLaughlin with the 7th armored division stationed near Los Angeles, California, is on a 15-day furlough and visiting at the home of his father L. J. McLaughlin. He was accompanied by Clifton Sloan, who is also on furlough, and visiting his parents at Disston.

Love and Life Sacrificed for Country's Welfare

A great romance and an inspiring sacrifice are the twin themes of "Flight for Freedom," the unusual new feature picture which co-stars Rosalind Russell and Fred MacMurray. This picture comes to the Arcade Theater August 1st to 3rd.

MacMurray plays the part of a famous flier whose career has inspired Miss Russell to become a pilot also. The two fall in love, but MacMurray's erratic ways and the counter attraction of a quieter but steadier man make the girl hesitate in her choice.

Before coming to a final decision she prepares for one last record-flight, a round-the-world solo hop that will take her over the Japanese mandated islands of the South Pacific. On the eve of her departure, high U. S. Navy officers come to her with a strange request—that she deliberately radio that she is lost while in the mandated area and actually come down on an out-of-the-way island from which she will subsequently be rescued by a cruiser.

The apparent accident will enable Navy planes while ostensibly merely hunting for the lost aviator to photograph the secret fortifications the Japs have been illegally building in the mandated region, and thus get information of huge value to this nation in the event of war. The girl agrees to the plan, but at the last minute she finds that the Japs know all about it and are prepared to "find" her themselves so as to keep our planes out of the forbidden area.

How she takes a dramatic and unexpected step in order that this country may secure the knowledge it needs, forms the climax of the RKO Radio film. David Hempstead produced and Lothar Mendes directed the stirring picture, with Herbert Marshall heading the featured cast.

WAVE Recruiter To Be in Eugene August 2nd to 6th

To assist young women in this area in making application for enlistment in the WAVES and to outline the many new opportunities in this women's service of the U. S. Navy, Yeoman Dorothy Duncan, from the Portland branch, Office of Naval Officer Procurement, will be in Eugene, August 2 to August 6, inclusive, it was announced here yesterday by Chief William E. Bell, in charge of the U. S. Navy Recruiting substation in Eugene, which handles WAVES applications in this area.

Yeoman Duncan will be at the U. S. Navy Recruiting substation in the U. S. Post Office building in Eugene from 8 a. m. to 5 p. m. daily. Applicants are invited to see her between those hours any time during the week she is in Eugene. For the special convenience of interested young women who are working through the day hours, appointments can be made for interviews at night by telephoning or calling at the U. S. Navy Recruiting substation in Eugene.

Many new opportunities in the WAVES for women with experience, training, or aptitude in more than 80 different civilian occupations will be described by Yeoman Duncan to applicants here. Women with training in any kind of office work, typing, stenography, filing, bookkeeping, business machine operation, or in any mechanical or service field have experience which qualifies them for enlistment in the WAVES.

Recent relaxation of the physical requirements has created opportunities for thousands of young women who formerly could not qualify because of minor physical defects. The vision requirements have been liberalized so that girls whose vision is corrected with glasses are eligible. The height, weight and teeth requirements have been substantially liberalized.

Topping the list of new opportunities for service in the WAVES, are the billets now open in the U. S. Navy's famed hospital corps, recently opened to the WAVES. Women with experience in nursing, laboratory work, home nursing, as doctor's or dental assistants, or any kind of nursing work are eligible.

"The WAVES have set an outstanding record in handling man-sized Navy jobs," said Chief Bell. "So successful has been the WAVES program that quotas have been increased, new phases of Navy work have been opened to them, and new opportunities

created for full-time service and rapid advancement."

Office hours for Yeoman Duncan's visit will be from 8 a. m. to 5 p. m. daily at the U. S. Navy recruiting substation in the Post Office building in Eugene, with appointments at night available for women who are working through the day hours.

CALAPOOIA ROAD WORK BIDS TO BE EYED FRIDAY

The Public Roads administration will open bids at 10 a. m. Friday, at Portland, for the completion of the Calapooya road, the Douglas county court was informed today. The contract calls for the surfacing of 17 miles of the road extending eastward from Sutherlin. The county has placed about 13,000 yards of base rock on the route, while the contractor is required to add 5,000 yards of base rock and a three-inch top dressing throughout the full distance.—Roseburg News-Review.

Salesbooks, receipt books, bookkeeping systems. The Sentinel.

HALL AWARDED RIVER JOB

Contract to straighten the channel of the Long Tom River and to construct a diversion channel to the Willamette river has been awarded the C. E. Hall Construction Co. of Eugene, it was announced Saturday. The amount of the contract will be approximately \$150,000. Work will be done under the supervision of the U. S. Engineers office at Portland. The project is expected to reclaim several thousand acres of farmland along the Long Tom river.

BIRTHS

Twin sons were born Friday, July 23, to Mr. and Mrs. Louis McAllister of Culp Creek at the McFarland maternity home. Ernest Henry weighed 5½ pounds and Everett Russell weighed 4 pounds and 2 ounces.

Mr. and Mrs. Kenneth Miller of Ashland are the parents of a son born Tuesday, July 27, at the McFarland maternity home. The baby weighed 7½ pounds and has been named Ronald Stewart.

Complete Stock of Swing Rockers and Davenos McLAUGHLIN'S FURNITURE STORE

CARLOAD SALE OF FRUIT JARS

Nationally known brands at prices you can't afford to pass up—We just received 3000 dozen for your home canning

BALL	BALL	PRESTO
Vac-u-seal	Glass Top	Glass Top
Quarts	Quarts	Quarts
79 ^c Doz.	79 ^c Doz.	89 ^c Doz.
VAC-U-SEAL	Half Gallons	Dozen \$1.15

PAROWAX	Pound packages	2 for 25c
M.C.P. PECTIN	powdered	3 pkgs. 25c
SELF SEALING LIDS	Bernardin regular	3 doz. 25c
WIDE MOUTH LIDS	Bernardin	2 doz. 25c
THRIFT LIDS	for coffee jars	3 doz. 25c
SELF SEALING CAPS	Bernardin Regular	21c doz.

PARKAY	Kraft's	2 lbs. 49c
SOUP	Campbell's Tomato	3 cans 25c

SOUP MIX	Minute Man	3 pkgs. 25c
BEAN DINNER	Chuckwagon complete—serves four	29c pkg.
TENDERONI	Van Camp's	3 pkgs. 25c
APPLE JUICE	New West, 12 oz.	2 for 25c
COLA SYRUP	Marvis—No sugar needed	29c bottle
KOOL AID	The warm weather drink	6 pkgs. 25c

CRACKERS	Tasty	2 lbs. 25c
DINNER BELL	Durkee's Mayonnaise	2 lbs. 35c

BREAKFAST CUP—A good beverage		19c lb.
BAKING SODA	Crescent	1 lb. 5c
ROLLED OATS	Triangle	3 lbs. 23c
CORN FLAKES	Albers 11 oz.	3 pkgs. 25c
PANCAKE	flapjack	9.8 lbs. 55c
GRAHAM	Fisher's	9 lbs. 49c

FLOUR IS A GOOD BUY!!

Peter Pan	Special	Blend
Hardwheat	Hardwheat	Fisher's
49 lbs. \$1.98	49 lbs. \$1.79	49 lbs. \$2.05
SWANSDOWN	Family Flour	49 lbs. \$2.29

IRISH-SWARTZ

Fly Spray Buy It at 'Western Auto' and Get the Best

We have just made a limited purchase of spray, and believe me, it's the good old PRE-WAR.

RESEARCH HAS DEMONSTRATED THAT THIS IS THE MOST EFFECTIVE AND PERSISTENT INSECT REPELLENT KNOWN, AND THAT IT DOES NOT IMPAIR ITS ODOR TO DAIRY PRODUCTS.

The position agent in this spray is an extract from Pyrethrum Flowers and will readily kill insects and larvae on the hide and underneath the hair.

There is no guess work about this spray as it has been laboratory-tested and found to be the most effective insect repellent for animal use that it is possible to make. Give a good spraying in the morning and it will last all day.

(Bulk) Only 95^c per Gallon

(Bring Your Can or Bottle)

LARRY H. LEVENS

Authorized Dealer and Owner

Western Auto Supply Co.

Phone 225

Cottage Grove, Ore.