

Cottage Grove Sentinel

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

W. C. MARTIN
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

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 NATIONAL EDITORIAL ASSOCIATION
PUBLISHERS ASSOCIATION

ANCHORING THE ALUMINUM PLANTS

Somehow the present administration, whose domestic policies are rightfully under fire most of the time both from within and without the democratic party, apparently has become expert at finding excuses for confining to temporary enterprises the war industries which it permits in Oregon.

This comes to light again with the effort which is being made in behalf of an aluminum plant which can be supplied from the vast resources of alumina clays which abound in the Pacific northwest. The existing plants in this area derive raw materials entirely from importations. These five plants turn out a third of the present supply of metallic aluminum used now in the United States, but no attempt has been made to develop for them a source of supply which is close at hand.

Notable is a veritable mountain of alumina clay near Cottage Grove, where it is proposed that a processing plant be established.

Against the effort to bring this enterprise to the northwest the war production board advances the objection that it would disrupt the labor situation by overtaxing an already inadequate supply.

This is to say that the estimated 150 men required to man such a plant would interfere with northwest war industries which Oregon alone employ more than 100,000 men.

Fact is, an alumina plant at Cottage Grove would not in any way affect any war industry even if it required a far larger crew, for Cottage Grove is remote from all scenes of war activity, and could probably furnish much if not all of the required labor without drawing upon any labor supplies now used in war industries.

Furthermore it is likely that a plant such as is proposed for Cottage Grove would be accommodated there far better than in some eastern population center whose housing is already overtaxed. Cottage Grove should be able readily to absorb 150 additional workers now, with little or no additional residential construction.

It is imperative that alumina deposits of the northwest be developed now, lest after the war is over the administration find it expedient on some pretext or other to move the existing plants elsewhere on the ground that they are too remote from bauxite supply sources.

If alumina is made available here, no such excuse will exist. —Albany Democrat-Herald.

BEST PART OF AMERICAN HISTORY

A local citizen in commenting on what the average business man is up against at the present time says that he has lived in the best part of the American history so far as private enterprise is concerned and he isn't an old man either. The future looks to him as it does to many others that we are going to have to pay an increasing amount of taxes as well as have to unwind an increasing amount of red tape. He was referring to the days when taxes and government restraint was no particular bother and when a man could make a million dollars and keep most of it.

Most of us sense the fact that the little dictators are taking advantage of all the breaks to tighten the rules and regulations on the conduct of everyday affairs and are going to put up a battle to rule the country from the capitol.

Little dictator powers came about by you and I throwing our problems at Washington to be solved and until enough of us want to do something about it, more red tape will be forthcoming.

CLEAN OWN HOUSE FIRST

The most popular political pastime today is planning a new postwar world.

But before the United States can take any great part in such a world, it will have to set its own house in order.

Large, continuing production is the only basis for financing our government and maintaining adequate living standards and a feeling of personal security. In the United States, under a private enterprise system, living standards reached a world peak and provided real independence and security for a greater population than in other countries.

So, while planning the postwar world, our planners might as well get down to earth and consider practical plans for encouraging expansion of private enterprise at home.

Only a policy of moderate taxation after the war will encourage individual initiative. Exorbitant taxes add to the price of goods, depress employment and deter investment and risk taking.

"Moderate business taxes," says Harley L. Lutz, professor of public finance, Princeton University, in The Tax Review, "that would release the full driving power of production at adequate wages and profits, mean that as soon as the war is over the excess profits tax and the surtax should be repealed, the normal rate should be reduced to some point within the range applied from 1918 to 1932. In no case should the rate exceed 20 per cent."

ASSININE BOND SELLING STUNT

The most assinine stunt pulled in the northwest during the 3rd war loan was when a bunch of men gathered on the river raft at Portland with the intention of staying there until the state war bond quota was met. The idea of a bunch of grown men doing a thing like this to aid in a sales campaign when working manpower is so acutely needed will go down as another damphool war stunt that contributed nothing to victory.

Won't Stand Abuse

The point to remember is, that while cotton is a sturdy fabric and can take a lot of punishment, not even colorfast dyes will stand up indefinitely under abuse. Avoid hot water, avoid hanging in the sun, and good cottons will keep their colors bright and clear for a long time.

Color Coals

In southern textile mills, blue-green end walls have been used to reduce the consciousness of employees re high temperatures and warm buff has been used in northern mills to create the illusion of warmth in rooms that otherwise would seem cold and cheerless.

Washington Letter

(By Harris Ellsworth)

WASHINGTON, D. C., October 2—Oregon, Washington, California and Idaho members of congress are uniting in protest to the War Production Board and the Manpower Commission over the recent directive from Donald Nelson's office declaring that no new contracts for war materials are to be awarded on the Pacific coast because of the manpower shortage there. Figures we have indicate the manpower shortage is in spots and not universal. This order goes even deeper than just new contracts. I have lately talked with representatives of several small manufacturing concerns in Oregon who are back here for renewal of contracts. These men have been informed that the order applies to all contracts. As a result, several concerns that have been in business for many years will be liquidated. The plight of small business all over the United States is sad. The only difference between the troubles of Oregon small business concerns and such businesses in other sections is that we have Nelson's manpower directive as a sort of coup de grace. Our little business is going to be put to death quickly rather than go through the lingering death period being suffered by those in the other states.

Last Saturday members of the House from Oregon and Washington met in Homer Angell's office to develop a plan and basis for protest against the Nelson directive—and to ask exception at least for the establishment of an alumina-from-clay plant in the Northwest. A committee of three was named to confer with the War Production Board and plead our case. Yesterday I was requested to serve with a committee of California Congressmen which is also going to discuss the Pacific Coast manpower directive and perhaps make a formal protest to Nelson. Pacific Coast members of Congress are pretty much wrought up over the situation as the above outline of activities indicates. Fact is, some of us suspect that the directive is actually not necessary and that it is an indirect method of putting the brakes on western industrial production. The Pacific Coast is showing definite signs of becoming industry minded, thereby threatening the former manufacturing dominance enjoyed by the east and midwest.

Nothing much doing on the Floor this week. House: Cox resigned from special FCC investigating committee—under fire. Senate: Wheeler has been arguing for his bill to prohibit the drafting of fathers—which is due to fail. Nothing much in prospect for next week.

Meanwhile, the House Rules Committee is sitting on the Fulmer Bill (counterpart of the Jenkins Bill) drafted by the Food Study Committee, which would consolidate the conflicting and confusing administration of food and place it under one head in the Department of Agriculture. The bill was reported out favorably by the Committee on Agriculture. If we can get that bill out of the House, it will pass. The Senate would doubtless pass it also—but the President would probably veto it. . . . though I hope not, for considerable study of the whole situation by the Food Committee indicates that legislation as one great step toward improving the entire food situation.

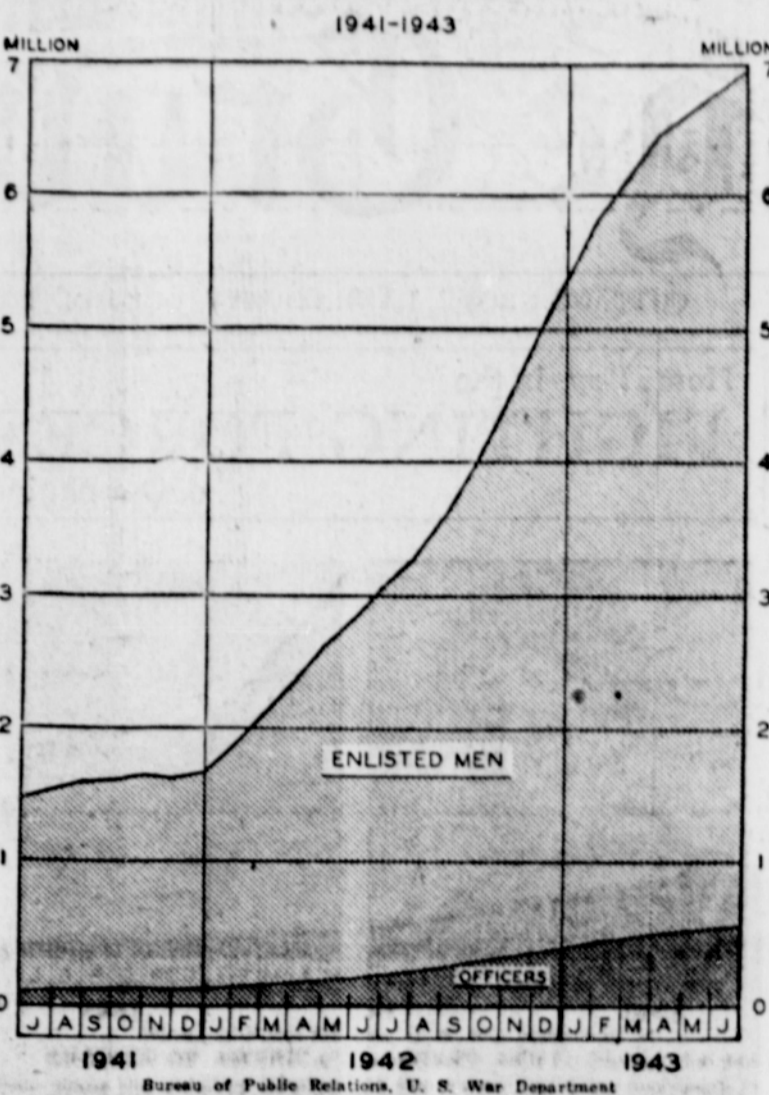
Principle topic of conversation around Congressional halls now is the subsidy plan proposed by the administration as a means of holding down prices—particularly of food.

One member suggested today (informally) that, if a subsidy plan is adopted, ostensibly of course as an aid to consumers, the subsidy should be paid to consumers in the form of a check for the cash right along with their ration books. Then, everyone would know for certain that he was receiving the benefit of the subsidy program—and might also get a clearer picture of what is being done. I doubt very much if the people of the country would want to receive such checks along with the realization that to provide such payments, more billions had to be added to the already staggering national debt for war. But, if the subsidy plan is adopted, the people will receive those payments whether in actual cash or not.

Speaking of prices, here are some prices we have to pay here in Washington: Fresh Italian prunes (from Freewater, Oregon), 27c lb.; tomatoes, 9c each; fresh corn, \$1.00 per dozen ears; Italian broccoli, 42c for two stalks; melons, about \$1.00 each; fresh pears, 10c each; apples, eating variety, 5c each.

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

EXPANSION OF THE ARMY



GROWTH OF AMERICA'S LARGEST ARMY—During the past two years the enlisted strength of the Army has been increased by 5,000,000 men, it is stated in the biennial Report of General George C. Marshall, Chief of Staff. "There can be but one result," said General Marshall, "and every resource we possess is being employed to hasten the hour of victory without undue sacrifice of the lives of our men."

HOW SLEEP RESTORES VITALITY

Dr. H. A. Hagen.

It is easy to understand how sleep rests both mind and body. During sleep all activities of the brain, nerves and vital organs slow down. Heart-beats become slower and gentler. Digestion almost stops. The wearing and exhausting conscious mind becomes unconscious for the time being, and leaves all mental activities to the subconscious mind that never sleeps but functions without effort or fatigue. The blood-stream moves slower through nearly horizontal arteries and veins in the reclining body in repose.

Tired muscles relax and are at ease in all parts of the body. High tensions of nerves are released. Thus, sleep is the most complete form of rest. No other relaxation or diversion can equal it for wholesome rest, when rest is needed.

However, sleep does more than rest the body and mind. It restores both. How? By replenishing constantly escaping elements of life. How is this done? By breathing. All space and the air we breathe are filled with countless infinitesimally minute particles of spiritual essences of life. A living being is a bunch of this inorganic infinite life assembled together temporarily in organic form which in due time according to natural laws disintegrates, the component elements returning to the cosmos from which they came. Every living being is constantly adding to and losing part of itself from and to the infinite reservoir of life. Nothing is gained or lost in Nature. Only organic forms change.

These are elementary biological facts subconsciously known but seldom consciously realized. Even as far back as the biblical story of the creation of man this conception of the source of life prevailed, and we read that when man breathed the breath of life he became a living soul. Breath is life. Every breath is charged with life. Some animals and plants live entirely on air. They absorb life from the air. We get our life nourishment from air, water, sunshine, and fresh foods from which life has not been driven out or mummified by processing, refining, pickling, preserving, curing or otherwise embalming.

Infants sleep most of the time and rapidly accumulate life. Old persons require much sleep to help replenish their increased loss of elements of life. The lungs are composed of four lobes. The upper two lobes are used in ordinary breathing. Some people seldom use the lower lobes except when they are asleep. The lower lobes are for deep breathing, and deep breathing increases the supply of life, endurance, strength and power akin to the divine or cosmic source from which all inexhaustible power comes.

This law applies to all living creatures. Years ago, before automobiles began killing about 35,000 and injuring over a million persons a year, I sometimes went on long drives with my father who would say let the horses walk or slowly trot the first two or three miles until they got their "second wind," that is began to breathe deeply with their second pairs of lungs. If crowded too much at the beginning of the journey they would not develop their second wind and quickly become winded and fagged; but if allowed to gradually open up their secondary

breathing they would be good for 20 miles or more at good stiff gaits.

All long-distance runners know this rule of breathing. Their second wind is their source of strength and endurance. Piano movers and others who lift heavy objects soon learn to habitually take a deep breath and hold that breath at the moment the heavy lift is made. Persons in deep thought often take deep breaths and unconsciously hold the air in their lungs while completing the thought.

The benefits of deep breathing to the general health have been extolled for generations. There is nothing new about that. But the reasons for these admitted benefits of deep breathing have not been made clear. It has not been emphasized that breath is life and each breath a reinforcement of the organic being. This explains why continued loss of sleep exhausts the body and mind far more than loss of food.

In deep sleep all four lobes of the lungs unite in deep breathing. The increased intake of life from the infinite source actually restores the body and mind. After sound sleep the individual contains more life than before sleep began. Elements of life lost during the exhausting activities of the day are replaced by others just as good during a night of deep sleep, baby sleep tired nature's sweet restorer.

WANT-ADS

RATES: 2 cents per word for 1st insertion, 1 cent per word for subsequent insertions; Minimum charges: 1st insertion 30 cents, subsequent insertions, 25 cents each insertion. Service charge of 15 cents additional will be added for want ads charged after Thursday. Keyed ads 25 cents extra. Card of thanks, resolutions, etc., take same rate as want ads.

FOR SALE—25-35 Winchester, peep sight, gold bead. 2 boxes shells. Price \$40.00. Also Estey organ, good condition. \$25.00. Oscar Jackson, telephone 38-F-5. 8-1tc

FOR SALE: 10 weeks old white pigs. \$8.00. H. A. McCormack, 1/2 mile west Walker store. 8-1tp

FOR SALE: Equity in my home at 450 First Street. Also furniture. Effie Sharp. 8-1tp

FOR SALE: 1935 Master sedan, reasonable price. Call evenings between 6:00 and 8:00. 435 South River road. 8-1tp

Time to Worm your sheep. Get P. T. Z. —the sure wormer. All kinds of Poultry and Livestock Remedies. Beidler's Feed and Seed Store

FOR SALE: 1935 Graham Six 4-door sedan, body and upholstery in fine condition; good tires and in fair running condition. Priced to sell. \$275.00. Call 34F12. 8-1tc

FOR SALE: Combination radio and phonograph. Inquire 1546 East Madison Ave. 8-1tp

FOR SALE: One good trailer, good tires, detachable stock rack. Inquire Golden Rule Grocery. 8-2tp-9

FOR SALE: 250 White Leghorn pullets, almost ready to lay. Reasonable price. Harry Park, Black Butte route. 8-1tp

FOR SALE: 10 quarts 62 test milk daily. F. F. Parker, 300 North 9th St. 8-1tp

FOR SALE: Six tube "Atmoray" for relief of rheumatism and arthritis. First class condition. 349 Quincy St., Cottage Grove. 8-1tp

FOR SALE: Red Hamp fryers, average 3 1/2 to 3 3/4 lbs. 35c lb. No Sunday sales. W. C. Martin, phone 236J. 7-1tc

SELLING: Italian prunes as they ripen. Bring boxes and pick. Few tomatoes. Hugh Trunnell, Telephone 17-F-11. 7-3tp-9

FOR SALE: Sheep. Tom Patten, Disston route, phone 16F4. 7-2tp-8

VINE-RIPENED TOMATOES by the bushel. Bring boxes. Roy S. Hands. Phone 1F2. 6-1tc

FOR SALE: 1 dozen New Hampshire Red pullets 4 months old. Mrs. Orpah Benson, 343 Adams Ave. 8-1tp

FOR SALE: Purebred white New Zealand rabbits. Very nice weaner pigs. Grace Smith, Lynx Hollow road, phone 31F14. 8-1tc

TAKING ORDERS for Concord grapes. Tomatoes, you pick, 75 cents the bushel in your container. C. A. King, Cottage Grove, Phone 1F5. 8-1tp

FOR SALE: 231 acres and slaughter house of Harvey Kelly's about 5 miles east of town. Inquire Nona Kelly Peek, 1/2 mile east Cottage Grove. 8-1tp

FOR SALE: Barred Rock fryers. Clarence Turner, 2 miles east on Mosby Creek road. 8-1tp

FOR SALE: Weaner pigs; also 3 heifers about 18 months old. Frank Willis, Lorane route. 8-1tp

FOR SALE: Trailer house 8x16, builtins, wired, new retreat tires. See it, Culp Creek school-house or phone 15F14. J. F. Godard. 8-3tp-10

FOR SALE: Nearly new table model battery radio. Howard Cox, Black Butte route. 8-1tp

FOR SALE: Complete set of drums, \$60.00. Mrs. Ervin Hansen, box 326. Phone 34F13. 8-1tc

FOR SALE: Tomatoes. W. C. Pynch, phone 5F4. 8-1tc

FOR SALE: Enamel wood range. Roy Mason, 1 mi. out South 6th. Phone 265Y. 8-1tp

WRECKING 1929 Buick sedan, will sell all or part. Four 550-20 tires and tubes, extra good, \$22.50 each. Good spare tire and tube, 550-20, \$17.50. George Kerner, Lorane route at Oak Grove Service Station. 8-1tp

FOR SALE: French or baritone horn, in good condition. Phone 236J. 5-1tc

WANTED: Good used tricycle. Phone 174LX. 8-1tc

WANTED: Wood range with coils. Must be good. Cash. Harry Park, Black Butte route. 8-1tp

WANTED TO RENT—4 to 6 room house partly furnished, by man and wife. 37 North 6th St. 8-2tp-9

WANTED TO RENT: House by young couple with baby. Immediately. Phone 8F12. 8-1tc

FOR RENT—FURNISHED CABINS for rent by week or month, utilities furnished, oil heat and gas ranges. Inquire Reed's Service Store, 3 1/2 miles south on 99. 1-1tc

FOR RENT—Floor sanders, waxers and a vacuum cleaner. The Grove Hardware, phone 18. 33-1tc

FOR RENT: Small furnished apartment. Lights, water, woodshed, garage supplied. Call at noon or after 6:00 p. m. 225 North Lane street. 8-1tp

ROOMS FOR RENT. Mrs. Keith Lyon, 262 Cherry Court. 8-1tp

HELP WANTED—EXPERIENCED cook and housekeeper for family of 7. No washing or ironing. Saturday p. m. and Sunday off. Good wages. Apply 1033 West Main street. 7-1tc

HELP WANTED: Woman or girl for housework. Good wages. 136 North 8th St. 6-4tc-9

WANTED: High school girl to work evenings from 5:30 to 7:00 o'clock. 1305 South 6th St. Phone 233J. 8-1tc

WANT TO TRADE—TO TRADE: 3 year old Rambouillet blooded ram for loose wool ram. A. Mapes, 1/4 mile north of cemetery. 8-1tp

WANTED TO TRADE: 4-room modern house with bath, glassed in sleeping porch, corner lot in Klamath Falls for Cottage Grove or Eugene city or suburban property. M. R. Morgan, Disston Rte. Phone 191L. 6-4tc-9

MISCELLANEOUS—PERMANENT WAVE, 59c! Do your own WAVE with Charm-Kurl Kit. Complete equipment, including 40 curlers and shampoo. Easy to do, absolutely harmless. Praised by thousands including Fay McKenzie, glamorous movie star. Money refunded if not satisfied. Cottage Grove Pharmacy. 2-10tp-12

FREE! If Excess acid causes you pains of Stomach Ulcers, Indigestion, Heartburn, Belching, Bloating, Nausea, Gas Pains, get free sample Udgs, at Cottage Grove Pharmacy. 1-10tp-10

25 Years Experience. Clean, neat work. Paperhanging, painting. C. Maxson, 817 So. Third St. 50-1tc

WATER WELL DRILLING, pumps and supplies. Phone 26F23. J. H. Thomas, City. 42-1tc

LOST AND FOUND—LOST: 3 keys in leather holder. Return to 131 North H Street. 8-1tc

One church serves Two Creeds The 11th century Castle church at Pforzheim, Germany, is divided into separate places of worship for Catholics and Lutherans.

Palace in Cliffs Cliff palace in Mesa Verde National park, consists of about 150 rooms and 23 ceremonial chambers built by prehistoric cliff dwellers.

THE MOST For your money in used cars. 1941 Pontiac sedan, radio and heater. 1940 Buick special sedan, radio and heater. 1940 Olds DeLuxe sedan, radio and heater. 1940 Mercury sedan. 1940 Plymouth DeLuxe sedan, radio and heater. 1940 Chevrolet special DeLuxe sedan, heater. 1936 Chevrolet sedan, heater.

MARTIN MOTORS Your Pontiac Dealer 24 North 9th Street

GET YOUR STOVE REPAIRED NOW! We have a man who will be with us for the next thirty days to repair your stove, circulator or heater. Don't let Winter catch you short. BRING IN YOUR STOVE. Cottage Grove Foundry 326 South Tenth Street