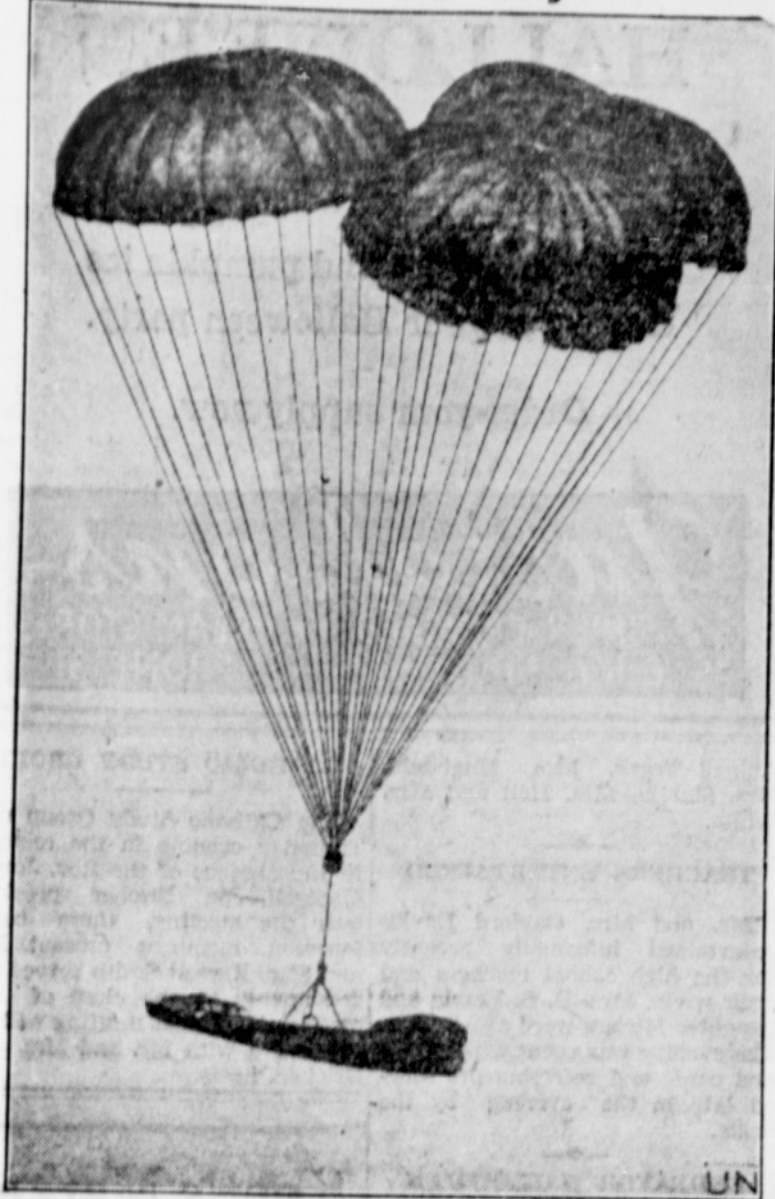


Boat from Sky



LATEST RESCUE TECHNIQUE, invented by Britain's R.A.F., is to drop lifeboats from rescue planes. The boats float down by parachutes to American, British or other Allied airmen who have crashed at sea. When they clamber aboard, the men find food, supplies, and an engine which enables them to reach a home port. Many airmen already owe their lives to this ingenious craft.

THE WARM BATH

By Dr. H. A. Hagen

Warm baths cause a widening and in a sense a paralyzing of the blood vessels, while in cold baths the same widening is achieved through the active participation of the whole organism. In all cases where the power of reaction of the nerves and vessels is too weak to respond to cold stimulation, the passive widening of the blood vessels through heat is necessary; likewise in all cases where there exists a pronounced feeling of chilliness. On the one hand warm baths increase the body temperature, on the other hand they bring about a solution and elimination of substances which the body of its own is unable to remove. It is evident from this characteristic heat action that this form of treatment is of only temporary use. Warm water opens the pores, cold air enters and the bad results appear in a few hours. This bad reaction can be alleviated by following with a cold bath. Fresh water invigorates, refreshes and closes the pores.

A warm bath of longer duration results in local blood saturation and can be considered as a powerful means for combating inflammations. Under these conditions the ability of the organism to destroy disease germs is increased. The removal of the toxic substances appearing during inflammation and beginning suppuration through the lymph and blood channels is accelerated and the painful effect on the nervous system reduced. It should be added that warm baths relax not alone the vascular system but also the muscles. In cases where there is present some paralysis or inflammation and where there appear tensions of the muscles and a stiffening of the joints, it is expedient to let the patient do his first exercises in the warm bath.

On these different effects of warm baths are based the various indications for different conditions. So we give warm baths in inflammatory processes of the skin, especially in cases where a cure is difficult due to the skin lacking sufficient blood supply. For the same reason warm baths are utilized in various skin diseases and chronic skin ulcers in which cases the tendency of the heat is to stimulate elimination. Baths of a temperature between 91 and 97 degrees Fahrenheit have a sedative effect on the nervous system and therefore can be used as sleep inducers. On account of their eliminative action they are of considerable importance in metabolic diseases, chronic kidney disorders and chronic catarrhs.

The temperature of warm baths ranges between 91 and 98.6 degrees. Baths of a temperature above 98.6 degrees are termed hot baths.

The duration of a bath is determined by the vitality and state of health of the patient and for a simple warm bath is usually between 15 and 20 minutes.

An exception are the so-called alternate baths in which there are one or more changes from hot to cold. The patient stays in hot water for 5 to 10 minutes and in cold water between 10 and 20 seconds. Each alternate bath begins invariably with hot water and ends with cold water.

As a termination of warm baths one can give, besides cold baths,

also other cold applications, such as cold ablutions or gushes. After baths of long duration it is advisable to rest in bed for 1/2 to 1 hour.

Delight Valley

Mrs. Graham of Pueblo, Colorado has been visiting at the Joe Crick home. The former is a sister of Mr. Crick.

May Crick, O.S.C. student, spent the week end at her home here.

Friday guests at the Charles Connor home were Mrs. Connor's sister, Mrs. James Morris, her daughter, Mrs. A. Gilham, and her granddaughter, Mrs. Roy Geer and daughter Barbara, all of Hebron.

Mr. and Mrs. Lee Nixon and son, Sgt. Donald Nixon, were Saturday evening dinner guests of Miss Gail Lindamood in Cottage Grove.

The Lee Nixons accompanied the Harold Wolfard family of Cottage Grove to Roseburg Sunday to visit at the Paul Morgan home.

Sgt. Donald Nixon left for Fort Canby Monday morning. Cpl. Lyle Jackson left Sunday morning for Camp Kearns, Utah.

Mrs. John Stalder returned Saturday from visiting near Los Angeles.

Mr. and Mrs. Dave Hite returned Sunday morning from their hunting trip to eastern Oregon.

Mr. and Mrs. L. Brown of Eugene and son, Sgt. Lowell Brown, visited Sunday at the R. Hansen home.

Raymond E. Bennett sold his lease, stock, hay and equipment on the Wes Chrisman ranch in Delight Valley this week to Jim Eyscheck of Dayton. The Eyscheck family moved in this week.

Mr. and Mrs. Raymond E. Bennett were visiting at the home of Mr. and Mrs. Howard Marlowe of Goshen over the week end before leaving for California and Arizona. Mr. Bennett will go to Phoenix, Arizona, to look after his interests in an olive orchard, while Mrs. Bennett will visit friends and relatives in Los Angeles until his return, then they will make their home in Sacramento, California.

Night Blindness

More than 2,000 years ago the Greek philosopher, Aristotle, called attention to night blindness and advised that sometimes it could be corrected by eating liver, which we now know is rich in vitamin A.

Another Car Service

We have added to our force an experienced man in car washing, lubrication and polishing. In addition to general repair work on all makes, we can help you preserve your car with timely lubrication and a first class wash and polish job.

Give Us A Call.

MARTIN MOTORS

Your Pontiac Dealer.

Phone 19

LION ROARS

PHYLLIS FOSTER, Editor

King, Queen Candidates Nominated

Carnival king and queen candidates were nominated during home room meetings October 21 with the following results: Seniors: Kay Taylor and John Edwards; Maxine Goodwin and Dick Balch; Juniors: Mildred Fisher and Eston Wicks; Sara Bjorset and Don Wickendell; Mary Lou Thompson and Bob Wicks; Betty Whitlock and Jack Ross. Sophomores: Roberta Flaten and Cecil Martin; Nellie King and Noel Campbell; Dolores Myers and Herald Witherspoon. Freshmen: Joyce LaBlue and Jerry Newton; Dolores Kelly and Jim Humphrey; June Elfving and Tom Busby; Donna Porterfield and Endri Tonoli.

Final elections were held Thursday of this week to decide the final king and queen candidates for each class.

Sophomores Lead Sales

A total of \$67.05 worth of stamps and bonds were purchased by the students in home rooms Thursday, October 21.

Sophomore room 7 headed the list with a total of \$42. Freshman room 2 was second with a total of \$7.55.

Six Man Football Team

The Cottage Grove Lions have started a six man football team. It is in charge of Mr. Wright, who is coaching during 7th period.

The boys who are playing are boys that Mr. French can not use this year. Mr. Beghtol expects to exchange games with Drain and Yoncalla.

Carnival Coming

The annual high school carnival will be held at the high school gymnasium Friday, November 12.

So citizens of Cottage Grove, be prepared! The students plan on bombarding your fair city for the next two weeks with king and queen candidate tickets which will cost five cents each but give you twice as much as ever before for your money.

Each ticket gives you: 10 votes for your favorite candidates and five cents of pleasure at any concession or five cents worth of good things to eat at the food booth. Two tickets plus one cent tax will admit you at the door.

A committee of students consisting of Richard Chambers, Helen Smith, Helen Gates, Ray Ross, Sara Bjorset, and Endri Tonoli will work with the faculty to make this the biggest and best carnival the high school has yet produced.

The evening's fun will begin with the coronation of the royal pair and a program in the auditorium in the nature of "Amateur Night," from which you will go to the gymnasium where the booths for food and concessions are erected.

Candidates for king and queen have been chosen from the home rooms and final class elections will be announced after home room meetings November 29.

Magic in Music Assembly

"Magic in Music," a movie was sponsored by the boys' federation October 22 in the auditorium. About \$32 was taken in from the 313 students that attended.

Senior Lettergirls Champs

The seniors slaughtered the junior girls in the championship playoff in the intramural volleyball series, by a score of 39 to 11, Monday, October 25 in the gym.

The freshmen blue defeated the freshmen gold in a close fought game by a score of 28 to 23.

Standings in the intramural volleyball series are as follows: Senior, won 4 games, lost 0; juniors, won 3 games, lost 1; sophomores, won 1 game, lost 3; freshmen blue won 2 games, lost 2; freshmen gold, won 0, lost 4.

The referees were Rose Mary McCrigger and Greta Bender. Scorekeepers were Joyce Land and Irene Northway.

Lettermen Meet

The Lettermen met October 26. They suggested plans to operate the Old Mill at the carnival which is a traditional concession that has always been run by these boys.

Plans were also made for Letterman initiation and for the annual Letterman dance which will be some time in November.

Junior Play

Wayne McCall and Velda Smith were appointed to find what scenery will be necessary for the junior play at the meeting October 26. Others appointed for similar duties were Minnie Morris, Delores Meyers and Lois Adlington.

The group was divided into different committees according to the class they are in. Each group will have a separate set of officers and conduct their own meetings.

FFA Initiation

The FFA boys gave the annual FFA and home ec party to the home ec girls, October 22. The annual FFA greenhand initiation was a feature of the evening. Members and the advisors Miss Coleman and Mr. Kabler attended the party. The main games played were volleyball and flying dutchman.

The boys served the girls ice cream and cookies.

Hammond, Navy Man

Neil Hammond, class president of 43, left Monday, October 25, for Pocatello, Idaho, where he will undergo basic training which will last from three to five months. He is in V-5 which is a part of naval aviation.

Neil won honors last year by being awarded the Twin Oaks trophy and by being one of the five outstanding boys in the class. Neil took post graduate work here until he left.

School Briefs

The home ec. club contest for getting new members ended Tuesday October 19. Alma Vick's side is giving Alice Dunlevy's side a party during next club meeting. The club voted to pay the state and national home economics club dues, amounting to three dollars.

Mrs. Herschel Tracy will be absent from school the next two weeks because of the death of her father. Mrs. Kabler is taking her place in teaching girls' physical education classes and algebra.

Carol Jean Eyscheck, junior, entered school October 25, from Dayton high school, Dayton, Oregon.

Ralph Raisor, sophomore, withdrew October 25 to go to Spokane where he will be a junior aviation mechanic.

CONTRACTOR ENDS CASCARA HARVEST

Cascara bark production of the Elliott State Forest for the season just past amounted to almost 42,000 pounds of dry bark and brought a gross income of nearly \$8,500, according to Oscar W. Olson, of Reedsport, who holds the contract with the state, maintained a camp in the area for the convenience of several sub-contractors who were peeling for him.

Mr. Olson states that while the amount of bark on the area is greater than that indicated in a preliminary survey made two years ago it is far less than the original estimate of several hundred tons made at the time he took the contract in 1940.

Bed Rest

A large pasteboard carton with both ends and one side removed may be folded into a triangular shape and used as a wedge back of pillows for the patient who can be in a sitting or semi-sitting position. A flowered cover will add to the attractiveness.

Highlights on 3rd District Legion Meet at Albany

At the 3rd district conference of the department of Oregon, American Legion, Commander Dan McDade with the various other officers: Vice Commander V. M. Miceli of Roseburg, William Kletzer, chairman area E, child welfare; F. Nissen, department adjutant; Ed B. Smerithwaite, veterans employment division and the president of the department unit of the auxiliary, Flora Von Boettke and Mae Whitcomb, department secretary, sat in session on the program of the Legion, "America Alert." Rehabilitation of the veterans of World War 2 was thoroughly discussed along with every phase of the American Legion activity.

District Commander Roy Gleason and Vice Commander Ed Gotch spoke on district problems. Gotch, also commander of the local post stressed the advisability of the early fulfillment of membership quotas and the post representations at the sessions. The meeting was held at the Albany Legion home and the post and its auxiliary were hosts to the district, serving a fine supper; a marvel for these days of rationing.

District Commander Ray Gleason of Lebanon presided at the session. The Willamette council which will meet here in November came up for discussion and a cordial invitation was extended to all parts of the district to be present by the commander of Calvin Funk post.

The department executive committee will meet November 7th in Portland. The local post will be represented probably by the commander, Chet Vandenberg, publicity chairman.

Silk Creek

Sunday dinner guests at the home of Mr. and Mrs. Arthur Woolcott were Mr. and Mrs. Charles Haight of Delight Valley, Mr. and Mrs. Melvin Paul and son Gene of Eugene and Mr. and Mrs. Ed Paul.

Mrs. Boyd Allen was a Thursday overnight guest at the home of Mr. and Mrs. Arthur Weinke in Cottage Grove and also a Sunday guest, when she received a long distance call from her husband, Pvt. Boyd Allen, who is stationed with the army air corps at Buckley Field, Colorado.

Pvt. Keith Babcock of Camp Kearns, Utah, surprised his parents, Mr. and Mrs. E. M. Babcock by arriving here last Friday for a 10 day furlough.

Mrs. Marian Dewey and Miss Zelda Darnell returned from teachers' institute at Gladstone Park last Wednesday and resumed the teaching of their classes at their respective schools. Miss Darnell teaches at Silk Creek Royal school and Mrs. Dewey at the Cottage Grove Adventist school.

Mr. and Mrs. Oliver Schell and family have sold their home in this community to a Mr. Ryder and his family from El Monte, California. The Schell family left Saturday to make their home in Los Angeles, California. The Ryder family took possession on Monday.

Jack McCain and daughter Sharon of Salem spent several days this week visiting at the home of Mr. McCain's mother, Mr. and Mrs. Joe Scott and family.

Mr. and Mrs. Orval White and family of Dorena were Sunday dinner guests at the home of Mr. and Mrs. Joe Scott and family.

Watch Your Health!

Get a copy of Wartime Health Rules at Our Counter, FREE

Call your doctor promptly if any illness "hangs on" and avoid unnecessary calls that consume his time and energies—he's a busy man these days and needs your cooperation.

Keep your medicine chest stocked to provide temporary relief and to care for minor illnesses and accidents. Remember: "An ounce of prevention is worth a pound of cure."

MI 31 SOLUTION as a daily mouth wash and gargle is a healthful practice; 6 oz. 29c, Pints 59c

SAL-HEPATICA cleanses the bowel and freshens the whole system 60c Bottle only 49c

ASPIROIDS are real cold breakers—ask your neighbor; 36 Capsules 50c

PLENAMINS assure Vitamin sufficiency—supplying all needed vitamins; 72 days supply \$4.79

PURETEST ASPIRIN will relieve Headaches and muscular aches and pains. Bottles of 100 49c

REX-MENTHO chest rub relieves chest soreness and clears the air passages; 3 1/2 oz jar 50c

KEM'S for DRUGS

The Rexall Store

Sunday dinner guests at the home of Mr. and Mrs. Abe Hanks and family were Mr. and Mrs. Alvin Allen and family and Larry Whaley.

Mr. and Mrs. Halle Cochran were Monday night supper guests at the home of Mr. and Mrs. Orval Whaley.

Mr. and Mrs. Robert Runyon and family and Mr. and Mrs. S. J. Clifton of Cottage Grove were Sunday dinner guests at the home of Mrs. Hazel Hibbard.

Mr. and Mrs. S. J. Clifton of Cottage Grove are spending two weeks in this community visiting with their son and daughter-in-law, Mr. and Mrs. William Clifton and family.

E. R. Darnell was painfully injured Tuesday when he was struck by a log that rolled off his logging truck. He was rushed to a Cottage Grove physician and then taken to a Eugene hospital in an ambulance.

Mosby Creek

Pvt. Leo P. Hocker of Independence, Kansas, is spending several days on furlough with his mother at Blue Mt.

Mr. and Mrs. Black of Walden gave a dinner Saturday night in honor of their son Ralph who is

Films Developed and Printed

25c 6 and 8 Exposures

REPRINTS 3c EACH.

Guaranteed Work.

Thrift-Wise

Cottage Grove, Ore.

Sale! Penn Supreme

100% Pure Pennsylvania MOTOR OIL

De-Waxed, Double Distilled, Specially Filtered—Equal to 35c per Quart Oils!



Per Gallon 72c
In Your Own Can
Per Quart 18c
In Your Own Can

Federal Tax Included
Change today to PENN SUPREME

Today's driving requirements demand an oil that will not create damaging substances in your motor. PENN SUPREME is one of the finest oils made—yet is priced extremely low. Use it at all times, in all temperatures, for motor safety. PENN SUPREME does not get gummy or watery. In normal or extreme weather, it provides full protection to the nearly irreplaceable parts in your motor. Driving with PENN SUPREME means "Duration Driving"!

If your car uses an excess amount of oil—here is an oil you can't afford to be without

Safe Lubrication at BIG Savings—

USE LONG-RUN OIL

Per Gallon 39c
In your own can

Federal Tax Included
Equal to 25c Per Qt. Oils!

Refined in modern plants from selected, sludge-resistant crudes... wax-free and 100% distilled, LONG-RUN Motor Oil fully protects your motor from undue wear, maintains high compression, conserves power... keeps your car running smoothly and economically. Change today to fresh LONG-RUN and note the better performance!

LARRY H. LEVENS

Authorized Dealer and Owner

Western Auto Supply Co.

Phone 225

Cottage Grove, Ore.

These men have the "right of rail" with us... how about you?



We're doing our best to carry service men on furlough wherever they need to go. And during this wartime there are many other people who deserve to travel without delay. Our trains are full—so we ask you not to travel unless your trip is really important.

S.P. The friendly Southern Pacific

Advance reservations required for S. P. coach space