

W. C. MARTIN

Editor, Publisher

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WE MAY AS WELL FACE IT

We may as well face the fact that the kind of ending the present war has will be largely up to us; that it is up to us to make the best of the post war period. Looking back through all the things that's been said and done, it looks like we have made about the same mistakes which were made twenty five years ago, which we vowed a few months ago wouldn't be made again and we have been listening to hear some wise guy pop up and say that like from here out will be a bed of roses. Fact is its pretty near been said, only in a nicer way. Those who lived through the last war remember the expression that now we would have universal peace and that hard times would never again knock at our door.

Part of the first paragraph should be qualified. We are repeating the same mistakes with one exception. A good many far sighted citizens in wide awake communities have started thinking and planning the post war period. These citizens want a hand in shaping the post war period; they are not willing that nature and natural consequences take its course. In this they have a good deal more gumption than some of our congressmen who have already begun to kick over the traces on the international cooperation aspect, saying in effect that they think America is the big Charley and should take the burden of policing the world on its shoulders, which will leave us where we started from twenty five years ago.

Of particular interest to us is the announcement that the Civil Aeronautics board has under consideration policies that will determine which of the 6,331 towns in America between 1,000 and 5,000 will receive some type of airplane service after the war. The board will likely determine just what policy is to be established so that communities in the 1,000-5,000 class can receive air service.

In conversation with a serviceman recently here on a furlough, who has flown all over the United States, we were interested in his angle of air service to the smaller community and what he thinks must be done before this town can qualify for such service. He says what you might expect him to say that a vast majority of the returning servicemen are interested in aviation and that unless some means are provided by the serviceman's home town to provide this service that they are going to the place that will.

He says we don't need what we might term a large landing field except for the ferry or freight planes, but that a standardized type of field, at least a triangular field with one long run way must be provided if we are to have air freight. We all know that one of the principal drawbacks in the development of the northwest has been the lack of outlet for our produce; being of a perishable nature it would not be moved rapidly enough, but when a new traffic system promises for instance to deliver a cargo of fresh strawberries 2,000 miles in twenty four hours, such prospect might enhance the growing of strawberries; at least make it profitable enough to undertake strawberries on a commercial scale hitherto unknown. And quoting from a recent editorial in the Publisher's Auxiliary, "It is virtually certain that as soon as the war ends, 'strawberry trains' of the air will be carrying fresh fruit and vegetables long distances over our land and as time goes on more and more of the produce from farms and orchards will be moved in this fashion, beating the fast freight and express trains many hours."

LION ROARS

(Marie Lombard and Laurene Miller, Editors)

The annual Open House event was held Friday, April 14, with a record-breaking attendance. The program started at 7:30 with orchestra selections under the direction of Fenton Charles. Following this a song was given by the high school sextette and two numbers by the Girls' Glee club. The climax of the program was a pageant "Let Us Deserve Victory" given by Joan King, Vivian Pollock, Kay Taylor, and Dottie Ann Clark under the supervision of Miss Myrtle Kem. In appreciation of her hard work, the senior class presented Miss Kem with a bouquet of carnations and snapdragons. Announcements were made by Mr. Davies and visitors were then guided to the different rooms. Four, 20-minute periods were given to present to the visitors a brief idea of different class procedures.

Bauder President
Bob Bauder was elected president of the student body at the elections held Friday, April 14.

Other officers elected are: vice president, Bob Gleason; secretary, Chloris Roberts; treasurer, Eileen Harpole; advertising manager, Irene Schaffer; business manager, Sara Bjorsset; editor, Eva Hopman.

Boys Federation Officers
At a regular meeting of the Boys Fed Council held April 11, during club period, the nominations for next year's officers were made as follows: President, Ray Ross, Bob Wicks, Ivan Hoyer; vice president, Gerald Witherspoon, Jerry Mickey, Jake Palmer; secretary-treasurer, Bob Githens, Bill Boyce, Dick Moody.

Candidates Nominated.
Loran Brown, Mildred Collier, Evelyn Hutchison and Joan King were nominated by the seniors as queen candidates for May Day during home room, Thursday, April 13. Each girl will choose her escort.

The lower classmen elected the following for their choice of crown princesses and their escorts: Juniors, Marie Lombard, Bob Gleason; sophomores, Nellie King, LeRoy Ewing; freshmen, Jane Beidler, Virgil Newton.

Votes for candidates will be purchased with war bonds and stamps.

Seniors Champs.
The seniors won the girls basketball championship 32-3 against the juniors Tuesday, April 11. The senior team was as follows: Donna Burleson, Evelyn Radtke, Mary Gasper, Esther Hansen, Dottie Ann Clark, Louise Richards, Phyllis Foster, Velma Pollock, Kay Taylor. The final basketball standings in the tournament are:

| Team | W | L |
|---------------|---|---|
| Seniors | 4 | 0 |
| Juniors | 3 | 1 |
| Sophomore | 2 | 2 |
| Freshmen Gold | 1 | 3 |
| Freshmen Blue | 0 | 4 |

Home Room Election
Rita Quaglia was elected president of home room 13 at the home room meeting April 13. Others elected were: Vice president, Esther Brown; secretary, Phyllis Baldwin; treasurer, Don Layton.

June Mendell was elected president of home room 12. Others elected were: Vice president, Morris Culver; secretary, Robilda Flaten; treasurer, Dixie Bushell.

Dorothy Hubbell was elected president of the Shop home room. Others were: Vice president, Bob Githens; secretary, Mary Ann Hall; treasurer, Foe Getty; reporter, Joe Getty.

School Briefs
The local C. A. P. are planning on enrolling 180 C. A. P. Air Cadets to begin classes this fall. Boys and girls who are within the ages of 14 and 15 are eligible. Only those who are really interested and will be willing to attend all classes are wanted.

Betty Clapp, freshman, entered school from Tulsa, Oklahoma, Tuesday, April 18.
Dr. U. G. Dubach, Dean of Men at the Oregon State college, is scheduled to visit here Thursday, April 27. He will speak before the student body and meet with all seniors.

The Lettermen's annual spring dance will be held Friday night, April 21, in the gymnasium starting at 8:00 o'clock.

SUGAR IN YOUR DIET

By Dr. H. A. Hagen

Sugar is a form of carbohydrate food which is used liberally on the average table, but the way in which it is taken generally does more harm than good. If it were entirely eliminated from the diet we would not be nearly so likely to suffer from the lack of those elements not contained in sugar which have to be derived from other foods, but which we are apt to go short on because these particular foods are crowded out of the diet to make way for the palatable sugar. It is used a great deal for flavoring starchy dishes, and this combination with starch can always be relied on to produce excessive fermentation.

It is this combination of sugar and starch which is so commonly used in the manufacture of alcoholic beverages, some liquors being made entirely by fermenting grains and sugar together. If such combinations are used in the human digestive apparatus precisely the same kind of fermentation will take place, although of course to nothing like the same extent as if allowed to continue for a week or two. Sufficient fermentation however actually does take place to produce a large amount of stomach and intestinal gas, and at the same time certain toxic substances are generated in the production of the alcohol which results from this fermentation.

You are perhaps familiar with the processes by which fusel-oil and other poisonous substances are distilled from liquors. Similar poisons are manufactured in the alimentary canal when too much starch is eaten or when sugar and starch are mixed together at the same time. It is surprising to see how certain chronic ailments will disappear when the patient stops using such combinations as are to be found in breakfast cereals flavored with sugar, puddings made with starch and sugar, and even by eliminating from the starchy meal drinks which have been flavored with sugar.

Almost any kind of sugar may be used in place of starch if the rules laid down for starches are followed. Most people however would not be satisfied with a meal of this kind, yet there are some agreeable ways in which the better sugars may be taken. The sugar fruits for example may be used in place of starch, or may be eaten in addition to a protein meal. If one is very fond of stewed prunes, figs, raisins, or any of these sugar fruits, a pleasant change may be made from the ordinary starchy meal by substituting any one of these fruits for the starch. As however the nourishment contained in the stewed fruits is so concentrated, it is always advisable to use a certain amount of non-starchy or salad vegetables at the same time.

Another way in which they may be combined is with sweet milk or buttermilk. If honey or maple syrup is ever used it should be taken in connection with the making of lemonade, or can be used in flavoring toast or waffles which are dextrinized. These sugars, should not be used with bread or muffins, although those with strong digestive ability will find they are able to eat stewed fruits that are rich in sugar with muffins or mush made from whole-wheat flour. This is a matter that must be tried out in each individual case, but as a rule it will be found that the whole-wheat muffins and stewed fruit will not ferment as easily as other combinations of starches and sugars. This is not true of the ordinary whole wheat flour, but can be applied only to the flour made from the entire grain. I believe the reason that less fermentation takes place with these foods is that they seem to pass through the alimentary canal more quickly and do not delay in any one place long enough for fermentation to be developed. Most of the starches pass through very sluggishly and ferment more readily.

SIMPLIFY FUEL OIL RATIONING

The present fuel year will end August 31 instead of September 30 as originally scheduled, OPA announces, and beginning September 1 all period fuel oil coupons after they become valid will remain good through August 31, 1945.

News of Boys and Gir's in ARMED FORCES

(Continued from page 1)

Lt. Marvin Wilson, U.S.N.R. son of Mr. and Mrs. A. D. Wilson of Cottage Grove spent a few days leave here visiting his parents and friends before going on to Houston, Texas for duty. For the past year he has been stationed in the Dutch East Indies. Announcement was also made of his marriage to Miss Margaret Bennett of Portland, which occurred on April 3rd.

Mrs. James Teske and son Jimmie Jr., who spent the winter here with her parents, Mr. and Mrs. A. D. Wilson, left Tuesday for Loveland, Colorado where she will join her husband, who is in the service there.

Mrs. Eimer Kent received word recently that her son, Lt. Thomas J. Jones, is in England, but aside from lots of activity, he could tell very little.

Laurence W. Biggerstaff S 2/C has completed his boot training at San Diego, California, and recently transferred to the naval repair base at San Diego where he is training for a motor mechanics mate.

Philip Lake, C. M. 2/C left Eugene by plane Monday for Camp Parks, California, for further duty after spending a 30-day leave here with his mother Mrs. Myrtle Lake. Philip had spent 13 months in the Aleutians.

Mr. and Mrs. Frank Gierau received word from their son Robert Gierau Ph. M. 2/C saying he has landed somewhere in the South Pacific and is well and enjoyed his trip. He says he is using dressings made by the Red Cross at Klamath Falls, making home feel a little nearer. The Red Cross is "tops" in giving the boys cigarettes, candy and gum he says. They enjoy swimming in the warm water.

Pfc. Norman Aubrey arrived Friday from Fort Bliss, Texas to spend a short furlough with his mother Mrs. Eva Aubrey and other relatives. Pfc. Aubrey and his mother went to Boing Wednesday to visit his sister, Mrs. Milton Layng.

The picture of Nathan Porter Edwards, radio technician 1/C which appeared in the Navy Recruiting Station advertisement last week sponsored by the local drug stores was a former Cottage Grove resident, the son of Mr. and Mrs. E. J. Edwards, his father teaching agriculture in the local high school and is now working for the army in Honolulu. Mrs. Edwards and younger son Ernest are living on 75 acres at Linslaw. The daughter Lucy, a SPAR, is training at Palm Beach, Florida. Another daughter, Eunice, now Mrs. Edwin Mickel, lives in Eugene with her small daughter and husband who is attending the University.

NOTICE TO CREDITORS

NOTICE IS HEREBY GIVEN: That the undersigned have been appointed as Executor and Executrix of the Last Will and Testament of SAMUEL K. ADAMS, Deceased by the County Court of Lane County, Oregon. All persons having claims against said estate are hereby required to present the same, duly verified, with proper vouchers, to the undersigned at the Law Office of HERBERT W. LOMBARD, First National Bank Building, Cottage Grove, Oregon, within six months of the date of first publication of this notice. Dated and first published April 20, 1944. WORTH HARVEY, Executor. NORMA G. MILLER, Executrix. HERBERT W. LOMBARD, Attorney.

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Pop's Card Room Under New Management

Effective April 15th I have purchased the interest of David VonNeeda in Pop's card room, next door to the First National Bank. The card room will be under the management of C. I. Pardee. A continuation of your patronage will be appreciated.

C. E. NEET

NOTICE OF SCHOOL ELECTION UPON QUESTION OF INCREASING TAX LEVY OVER AMOUNT LIMITED BY SECTION 11, ARTICLE XI, STATE CONSTITUTION.

Notice is hereby given that an election will be held in School District No. 45 of Lane County, State of Oregon, at office of superintendent in Jefferson building, polls to be open from two o'clock P. M. to seven o'clock P. M. on Friday May 12, 1944 in said school district, for the purpose of submitting to the legal voters of said district the question of increasing the tax levy for the year beginning July 1, 1944 and ending June 30, 1945, over the amount limited by Section 11, Article XI of the constitution of Oregon.

The reasons for increasing such levy are: The levy within the constitutional limitation is based on the highest levy with the last three years plus 6%, this amount being \$8,485.99, which amount is not sufficient to pay the costs of operation of the school as provided for in the budget of the district from July 1, 1944 to June 30, 1945.

The amount in excess of the 6% limitation, proposed to be levied

for said year is \$15,760.01.

Dated this 17th day of April, 1944.

Attest:
WORTH HARVEY,
District Clerk.
W. L. WORKMAN,
Chairman Board of Directors.

When Your Back Hurts -

And Your Strength and Energy is Below Par
It may be caused by disorder of kidney function that permits poisonous waste to accumulate. For truly many people feel tired, weak and miserable when the kidneys fail to remove excess acids and other waste matter from the blood.
You may suffer nagging backache, rheumatic pains, headaches, dizziness, getting up nights, leg pains, swelling, sometimes frequent and scanty urination with smarting and burning is another sign that something is wrong with the kidneys or bladder.
There should be no doubt that prompt treatment is wiser than neglect. Use Doan's Pills. It is better to rely on a medicine that has won country-wide approval than on something less favorably known. Doan's have been tried and tested many years. Are at all drug stores. Get Doan's today.

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Will your car join the 5000 cars going to junk yards every day because of neglect? Wartime Stop and Go is hard on your car. Unless you guard against neglect now, burned out bearings, scored pistons, a ruined transmission or differential can be the expensive result.

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| 8 oz. Soletone | 89c | | |
| 16 oz. Albulene Cream | 89c | 50c | |
| 6 oz. Baby Oil | 39c | | |
| 5 oz. Albatum | 47c | | |
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