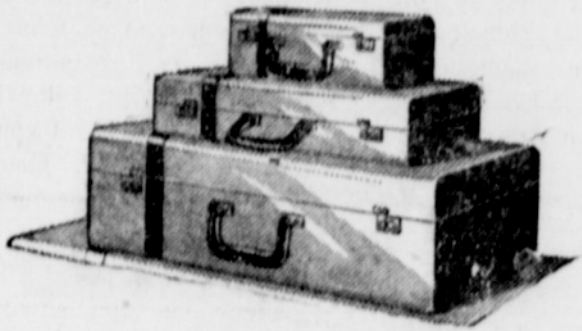


## Just Received LARGE SHIPMENT OF Luggage—Small Over-night Cases



Medium sizes and large sizes. Well built, too! No cardboard or fiber-board used in construction.

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**MEDIUM SIZE CASE** ..... \$2.19  
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Phone 225

Cottage Grove, Ore.

### COMBINATIONS OF FOODS

By Dr. H. A. Hagen

When the average person plans a meal the idea which seems to be uppermost in his or her mind is to prepare as many tasty dishes as possible, and often those who pride themselves on their culinary art delight in serving concoctions which are distinguished by "quickness" from any other point which is generally kept prominently in mind is to provide so much food that the people eating it will become as full as possible, and it would almost appear that the meal is not regarded as a complete success unless everyone feels stuffy after partaking of it. Quite frequently, too, in preparing food for one's own family, an attempt is made to furnish as large a quantity as possible with the least expenditure of money.

The most important points, however, for the housewife to take into consideration in the preparation of the meal are:

1. So to combine the different foods at a meal that they will be correct from the standpoint of physiological chemistry, that is, that incompatible mixtures will not be used.
2. To prepare foods so that they will be easily digested and assimilated.
3. To understand the necessity for supplying, not necessarily at one meal, but in the course of the day, all of the elements necessary for the body's growth.
4. To serve only such quantity of the different foods that no one will feel stuffy after eating.

It must be understood that it is not what we eat indiscriminately that supplies our bodies, but what we digest and assimilate and convert into tissue. Even though the most wholesome food is used, so long as it is so improperly mixed with other foods that there is a constant battle going on between the different foodstuffs in the stomach and intestines, the body will be unable to extract the nourishment it requires, at least not without a great expense and waste of energy. As every chemist knows, there are just as many

antagonistic chemicals in the test tube in the laboratory as there are those that blend easily, so in like manner in the human digestive apparatus foods must be considered from the standpoint of proper agreement during the chemical digestion in the stomach and intestines.

### CAMPAIGN TO COLLECT OIL PAINTING FUND

A letter from the Oregon commercial secretaries association dated at Marshfield and addressed to the Chamber of Commerce calls attention to the request of Governor Earl Snell to sponsor a campaign to collect from \$2,500 to \$3,000 for an oil painting of the late Senator Chas. McNary to be hung as a memorial in the national capitol and to be done by a nationally known artist. Friends and admirers of the late Senator McNary are invited to send checks or contributions to Senator Fredrick L. Lamport, Salem, Oregon, by May 1.

It was also suggested that some civic organization sponsor a "McNary Memorial luncheon," but so far as known, no local organization will undertake the luncheon and the only means of participating in this cause is to send money or a check direct.

### SHOOTING ENGINES

Shotgun shells which "shoot" engines into starting are now being substituted for storage batteries to start airplanes during testing. The shotshell, fired electrically by an ingenious fuse assembly located in the head of the shell, starts the motor with a single powerful impulse. This new use for the humble shotshell has just been revealed by the Winchester Repeating Arms division of the Western Cartridge Company, which is manufacturing cartridges of this special type.

### RADIO REPAIRS

By  
**Dexter Somers**  
318 Main

## Soil Building to Figure Large in Oregon Crop Plan

Oregon farmers intend to make extensive use of soil building and conservation aids in meeting 1944 production goals, according to reports from county and community AAA committeemen and indications from farm plan sheets completed for more than 30,000 Oregon farms.

AAA payments this year are being made exclusively for soil building practices, but farmers who participate in the 1944 program will be able to receive payment for all practices performed, points out John Shepherd of Scio, member of the state AAA committee. Elimination of farm allowance provisions which limited the amount of payments under previous programs is stimulating widespread interest in practices that will make a direct contribution to increased production, Shepherd said. Indications that farmers will earn a high percentage of the \$2,320,000 allotted the state for soil building work under the 1944 program.

Application of lime and phosphate under the program will be limited only by the amount of materials available in the state, Shepherd said. Lime plants are somewhat behind on orders, and the demand for phosphate generally is ahead of deliveries of AAA phosphate under the conservation materials program. Supplies of boron, sulphur and gypsum are more plentiful, and increased use of these materials is indicated.

More use of the weed control practices is expected under the 1944 program than ever before. Interest is also high in range and pasture improvement practices, including seeding, stock water developments, pasture clearing and destructive plant control.

Farmers in irrigated districts, spurred by unfavorable water outlook reports, are showing more interest in water conservation measures, Shepherd said. Payments under the practice for reorganizing irrigation systems are expected to take a substantial part of the state's allocation.

Requests for prior approval indicate that many semi-arid acres will be put into full production this year as a result of drainage and land clearing projects.

### \$100,000 FIRE AT EUGENE

A fire in the Firestone block at 11th and Pearl Street in Eugene Saturday afternoon, gutted the Firestone building with an estimated loss of \$100,000. The blaze starting about 3:45 p. m. when a pail or vat of cleaning fluid exploded, consumed the Firestone auto service, tire tread shop and plant. The building burned just as it was in process of being transferred to new ownership. The loss was fully covered by insurance, it was stated.

Phil Bartholomew for Coroner.  
36-5tp-4i Pd. Adv.

## Silk Creek

Miss Doris Wheeler of Portland spent Friday night and Saturday at the home of her parents, Mr. and Mrs. Oscar Wheeler.

John Robertson of Springfield spoke at the 11:00 o'clock service at the Royal Church Saturday morning.

Harry Hanks, who has been visiting at the home of his cousin, Abe Hanks, while recovering from a broken leg, has returned to his home in Eugene.

George Moxley is recovering from an attack of the flu, but Mrs. Moxley is still quite ill. Their daughter, Mrs. Palleke of Eugene, is staying with them.

An ice cream party was held at the Ernest Darnell home Saturday evening. Those present were: Mr. and Mrs. H. W. Wheeler and children; Mr. and Mrs. Oscar Wheeler and daughter; Mr. and Mrs. William Clifton and son, Mr. and Mrs. Nikolaus Ilchuck; and the host and hostess, Mr. and Mrs. E. R. Darnell and daughters.

Mr. and Mrs. Edward Babcock and A. G. Walker were Sabbath dinner guests at the Ernest Hathaway home. The dinner was in honor of the birthdays of Mrs. Babcock and Mrs. Hathaway.

Mr. and Mrs. A. E. Conklin spent the day Saturday at the home of their son George near Waltherville.

Mr. and Mrs. Nikolaus Ilchuck, two of the teachers from Laurelwood Academy, were guests at the Ernest Darnell home over the week end. The Misses Mariel Jean Darnell and Kay and Barbara Wheeler came down with them and spent the week end at their homes here. They returned to the Academy Sunday afternoon.

## Dorena

Harold Dawley spent the week end in Portland on business.

Mr. and Mrs. Elroy Jensen and two sons and Mrs. Frank Hills of Eugene were Sunday guests at the Harry Elting home.

Mrs. Mary Andreasson and son Bobby spent the week end in Junction City.

Jerry Mosby of Eugene visited Sunday at the home of his mother, Mrs. M. Mosby.

Miss Mildred Smith spent the week end in Eugene at the home of a sister, Mrs. Glen Mattison.

Mr. and Mrs. Clifford Van Schoiack and family of Eugene visited Friday evening at the Harry Elting home.

Mrs. Frances Cooper was a Eugene visitor Saturday.

Ralph Hand of Poulsho, Wash., visited Sunday at the home of his mother-in-law, Mrs. M. Mosby. He was here to attend the funeral of his mother, Mrs. Fred Hand, in Oakland.

### SOME FEDERAL EQUIPMENT RECEIVED

Some federal equipment has been received by Company A of the 16th battalion, Oregon state guard, it was learned yesterday and officials hope the company will be federalized at an early date.

## Walker

Corporal Fred Jackson and wife Norma of California, have arrived, visiting with his mother, Mrs. Ida Jackson, and other relatives. Mrs. Ray Gleason is rehired to teach the Walker grade school next year.

The Five-hundred Pinchle club met at the Ralph Wright home Saturday evening.

Mrs. Dorothy Walker and Mrs. Howard Connor have gone to Klamath Falls where Mrs. Connor will visit at the Walker home. Mrs. Dorothy Walker visited here with her parents, Mr. and Mrs. Donald Connor.

Vernon England, petty officer first class, and wife Grace of Hollywood, Florida, are expected to arrive here some time this week for a visit with their parents.

### HOLMAN BILL WOULD AID C. A. P. STUDENTS

A bill to grant commissions to students who have completed the Civil adm. pilot war training course before entering the armed forces has been introduced in the U. S. Senate by Senator Rufus C. Holman.

Senator Holman has been active for several years as a member of both the military affairs and naval affairs senate committees. He has initiated and pushed through many different appropriations building up the defenses of the entire Pacific coast area and Alaska. At the request of Senator Robert Reynolds, chairman of the military affairs committee, he made a thorough inspection trip through the defense zones in Alaska and the Aleutian Islands.

### NATIONAL PRESIDENT SPEAKS

Those representing the local American Legion Auxiliary in Portland Sunday when the national president of the Auxiliary spoke in the Legion Post No. 1 auditorium, were Maude Gierau, Nellie Bukowski, Miss Eunice VanDemburg, Heister Reed and Marie Wicks. The president, Eleanor Smith of Racine, Wisconsin, was welcomed by Earl Riley after which she gave a very interesting and worthwhile talk giving facts about the men and women in the armed forces and stressing the necessity of cooperation and rehabilitation on the home front. Mrs. Smith is considered an outstanding speaker and those being able to hear her were fortunate. A tea honoring the speaker sponsored by the Portland Auxiliaries followed the program.

### FIRST NOMINATIONS

The Rebekah lodge met Friday evening at the I.O.O.F. hall. First nominations were in order, and

## KEM'S for DRUGS

The Rexall Store

May 14 is MOTHER'S DAY. You will want to remember her on that day of days. Shop our store for Gifts that please.

|                       |                           |
|-----------------------|---------------------------|
| Perfume               | Frames Pictures           |
| LAMPS ..... \$1.00    | IN RELIEF ..... \$1.00    |
| Sun Valley            | Floral Sachet             |
| COLOGNE ..... \$3.50  | COLOGNES ..... 75c        |
| Whiskey               | Myrtle Wood               |
| BATH PWDR SETS \$1.25 | GIFT PIECES 60c-\$2.00    |
| Lotus                 | Plate Glass               |
| GLASS WARE 60c-\$2.25 | WALL MIRRORS .... \$4.67  |
| Abingdon              | Remembrance               |
| GLAZED POTTERY \$1.50 | LETTER FOLIO ..... \$2.39 |

WATCH FOR MOTHER'S DAY CANDY — WILL ARRIVE ABOUT THE 4th—FIRST COME, FIRST SERVED.

All Toilet Goods bear a 20c tax in addition to prices quoted.

the unwritten work was exemplified by Mrs. Blanche Denker. At the next meeting, May 5, there will be initiation and the committee appointed for then is Bertha Gunderson, Eva Hatch, Mrs. Hodgson, Thelma Hodgson, Zula Hansen, Bertha Howe, Eliza Howe, Effie Huff, Nellie Johnston and Nellie King.

The members of the Rebekah and Odd Fellow lodges will be guests at the Sunday morning service at the Methodist church.

### CARD OF THANKS

We wish to thank all of the friends and neighbors for their kindness and beautiful floral offerings during the illness and death of our aunt, Mrs. Alice Jackson, and the Smith Chapel for its service and assistance. Mr. and Mrs. Ben Absher and Mrs. Lena Absher.

37-1tp



### R. CLAUDE GRAY

Assistant Manager of the Veatch-Hollingsworth Funeral Home

Eugene, Oregon

Candidate for  
Republican Nomination

for  
**Lane County Coroner**

Primaries May 19, 1944

If I am nominated and elected I will give this office my personal attention, keeping in mind economy, efficiency and impartial courteous service to everyone.

36-5t

Pd. Adv.

36-5t

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To save your time, and let me do a GOOD job, make a date convenient to both of us—now.

*Your* **RICHFIELD** DEALER

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Delicate watches are gently used and carefully tended. Expensive jewels are zealously guarded. Yet eyes—more exquisitely fashioned than any man-made mechanism, and more precious than the jewels of kings—are casually accepted, constantly used, carelessly neglected.

Protect your eyes. Sight is irreplaceable. Keep it —and keep it clear and keen. Have your eyes examined this week!

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JOB  
FOR  
OREGON**

**Republican Primaries  
MAY 19th**

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