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YOUR POLITICAL FAITH

In the days while new party policies are being made, it is becoming extremely difficult, if not impossible to define the difference between the republican and democratic parties except by the term liberal and conservative.

We have been trying for several months to find what the administration's foreign policy is, but aside from the fact that there seems to be a desire on the part of the president to collaborate with Churchill and Stalin, the foreign policy remains more or less of a presidential secret.

Statesmen of both parties agree that the nation can't draw in a shell like a turtle at the end of this war and expect to avoid the complications of another international mess.

THE GASOLINE SITUATION

Starting with 1942, the American motorist has had fifty percent of his gasoline taken away from him and a good many motorists are wondering if they will be given sufficient gasoline to operate their cars in 1945, even for essential use.

For three years the oil men have insisted that an advance in crude oil price was necessary to stimulate new production and encourage expansion of secondary operations.

REVIVE COUNTY COURT HOUSES

According to the National Grocers Bulletin, regulations governing the food trade now fill 7,800 pages, of about 2,000 words each.

Washington, D. C., has been aptly referred to as the court house of the nation, as well as the capital. Commenting on this, the Missoula, Montana, Times says: "All violations of countless regulations... reach an ultimate goal for settlement in Washington, D. C., where some unknown clerk scratches off a verdict."

It is for such reasons as these, and not because of opposition to the principle of rationing, that public demand is insistent that OPA practices be revised so they will operate along constitutional lines.

LIVELY, NOT BITTER

The Morse-Smith campaign will be lively between two high class men, but will lack the bitterness that crept into the Holman-Morse contest.

Soot Smudges

Young mothers who live where soot and cinders fill the air often are appalled to find baby and his carriage covered with small black flecks.

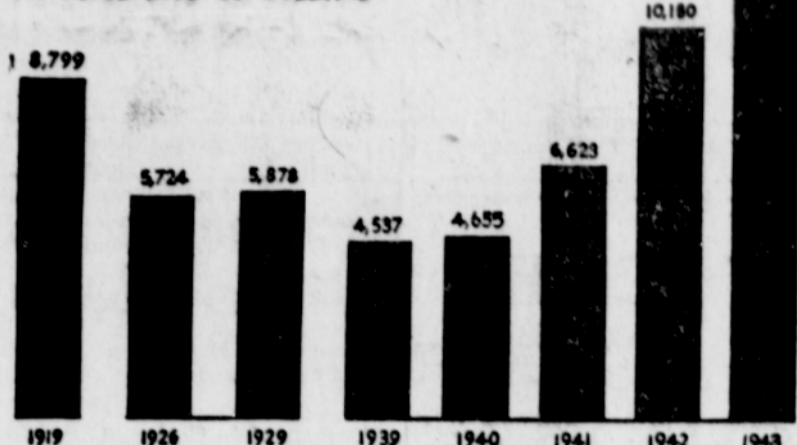
PHOTOGRAPHS

ANY KIND ANY TIME ANY SUBJECT

C. MORELOCK

NET FARM INCOME 1919-1943

IN MILLIONS OF DOLLARS



Farm income reached an all-time high in 1943 in spite of price controls which have practically stabilized living costs. The above chart shows net income to American farmers after deducting property taxes, labor and operating costs, from the peak year 1919 to 1943.

WHAT'S IN YOUR BLOOD

By Dr. H. A. Hagen Your blood contains two things which are vital to your brain, as well as to all the rest of you. They are oxygen and fuel.

Your nose and mouth are the two purchasing agents which procure these factors for you. Oxygen comes in with the air you breathe in through your nose. Fuel comes in through the foods you put into your mouth.

Without one, the other is useless, for to be of value, fuel must be burned, and in order to burn, it needs oxygen. Conversely, oxygen would be of no value without the fuel it serves to burn.

Hence, the very purpose of breathing is to utilize foods. Suffocation is really starvation just as much as an absence of nourishment.

Are You Oxygen-Starved? Your brain is exceedingly sensitive to an oxygen lack. At high altitudes to which they are unaccustomed, the minds of men fail them. People become irritable, indifferent, confused, faint or in an extremely uncooperative mood.

Recently a group of college students were tested for memory. At sea level, they could remember eight to nine of ten paired words which were given them to memorize. Then they were tested again under conditions simulating a rise of 10,000 or 12,000 feet in altitude. Here a decrease of 10 to 15 per cent in memory efficiency was recorded.

This is the reason: At high altitudes, there is less oxygen.

Oxygen goes from your nose to your lungs, where it is picked up by the blood stream, and circulated to various parts of your body to oxidize your food, or cause food to "burn," from which energy is supplied. It is the hemoglobin in your blood that carries this vital gas—and to produce hemoglobin, your meals must provide certain all-important substances.

Anemic people feel mentally and physically tired because they are starving for oxygen, and countless people are anemic who never suspect it, yet certain food chemicals may be all they need.

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

BULK SEEDS

BUY NOW AND GET YOUR CHOICE.

BEIDLER FEED and SEED STORE

MAY WEATHER

May rainfall varied from 1.40 inches at the Cottage Grove dam to 2.01 at Blackbutte with a precipitation of 1.97 inches at London.

The low temperatures of the month was 34 degrees reached on May 1 and 2 and a high of 86 degrees reached on the 4th according to a report of Major Walter Lalonde, resident engineer at the dam. There were 9 clear days, 20 cloudy days and two partly cloudy.

Crop Plans Hit

The weather over the United States has hit the crop prospects. Important, but somewhat uncertain changes in crop prospects have occurred over the United States during the past month. Cold weather befell some parts and subnormal rainfall in others.

Generally March was the wettest in more than twenty years and April rainfall was nearly one half above normal. Rainfall has been light from the Dakotas to the Cascade mountains and south into California and along the Mexican border in Texas. The weather has been generally favorable for winter wheat and production is expected to be one fourth greater than in 1943.

In the western half of the nation, crop prospects were improved generally by widespread April rains, although some areas are still short of moisture. The condition of range feed in the seven western states on May 21st was the lowest for that date since May 1933. Crop prospects as of May 1 was the least favorable in California, Montana and the Dakotas. Shortage of irrigation water was expected in some places in the Pacific northwest.

The surveys of hay stocks in farms as of May 1st indicated 210,000 tons in Oregon. Approximately twice as much as a year ago, but scarcely up to the average and materially less than on May 21, 1941. A similar situation was indicated in three Pacific Northwest states combined, but in the country as a whole, the hay carry over was the lowest since 1937.

Juggle Meals

If you're having trouble making the milk go around these days, juggle your meals to use milk in other forms—cottage cheese and other cheese in casseroles, soups, sandwiches and salads. Don't overlook buttermilk and skimmed milk. Then there's canned milk and ice cream, too, besides dry milk powders.

Water Clocks Once Used

Water clocks were used by the ancient Egyptians, Greeks, and Romans.

Ladies' Wash

No effort is needed to wash panties. A few dips in lukewarm sudsy water, and a couple of rinses are enough. Getting them to look sleek and smooth is merely a matter of how they are hung while drying.

Eggs Prizes

So far as nutritive values are concerned, eggs are regular prize packages. They are an outstanding source of iron, one of the minerals in which our diets are likely to be low, and they are also rich in calcium and phosphorus.

Prune Large Trees

Where the fruit grower has a large number of trees to prune and the work will take considerable time, the large apple trees are the most suitable for early pruning.

Storage Inspection

Vegetables stored in a pit cannot be inspected until the pit is broken open, but all other home-stored vegetables can be inspected frequently, to make sure they remain in good condition.

Presidential Veto

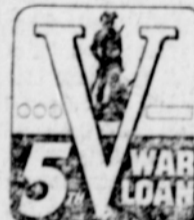
The President is authorized by the Constitution to refuse his assent to any measure presented by congress for his approval. In such case, he returns the measure to the house in which it originated, at the same time indicating his objections—the so-called veto message.

Move Furniture

If your rugs show marks made by chair or table legs, move the furniture a little each time you clean. If there are deep marks, you can raise the rug's pile by placing a damp cloth on the marks and running a hot iron lightly over it.

To the People of this Community

There will be a feeling of shame in this community if we find ourselves short of the mark when the Fifth War Loan comes to an end July 3.



We will not permit that to happen here, especially if we look around in our homes and our places of employment and see the shadows of relatives and friends who today are in the front of the battle for us. We cannot emphasize too strongly that regardless of the size of the over-subscription of our community quota, the Fifth War Loan will be a flat failure for you if you do not exceed anything you have done in the past in War Bond buying.

WATCH OUT FOR SINUS TROUBLE

Sinus trouble is so common during winter months that we should watch out for it and prevent its occurrence.

Sinus trouble or sinusitis is an inflammation and swelling of the lining of the bony walls of the air conditioned spaces in the bones of the face. All sinus cavities communicate with the nasal passages by small openings, and drainage takes place through this channel.

Result of Neglect

Sinusitis is most commonly the result of a neglected common head cold. The usual symptoms are interference with breathing and a discharge of a pus like mucus. Frequently there is a dull headache or pain over the affected sinus.

The most important means of preventing this condition is to observe natural rules of personal hygiene, so as to maintain good general health and body resistance. This includes a varied natural diet of pure wholesome foods, sufficient rest, and regular Chiropactic adjustments.

Grain Mixture

A wide variety of ingredients in the grain mixture is desirable but not essential. It has been demonstrated that cows will produce practically as well when fed a very simple mixture or even a single grain as when a complex formula is used.

Bee Food

Bees need about 12 times their own weight in food in a year, just as human beings do. For example, a man in the army, weighing 150 to 175 pounds, eats about a ton of food in a year. A 10-pound colony of bees needs 60 pounds of honey and 4 or 5 combs of pollen stored in the hive to carry it through the winter.

CAR SERVICE

Your car must last—We can help you prolong its life and give dependable service in the meantime. We repair all makes.

USED CARS

We have a select stock of used cars worth the money. See us first

MARTIN MOTORS

YOUR PONTIAC DEALER



Duration MEANS THEY'LL LAST Sheer MEANS THEY'RE LOVELY

Duration Sheer

FULL FASHIONED GAYMODE RAYONS

Serviceable, basic styles for your summer stocking wardrobe — sheer enough to go anywhere. Two shades — Honey-glo, Sundash.

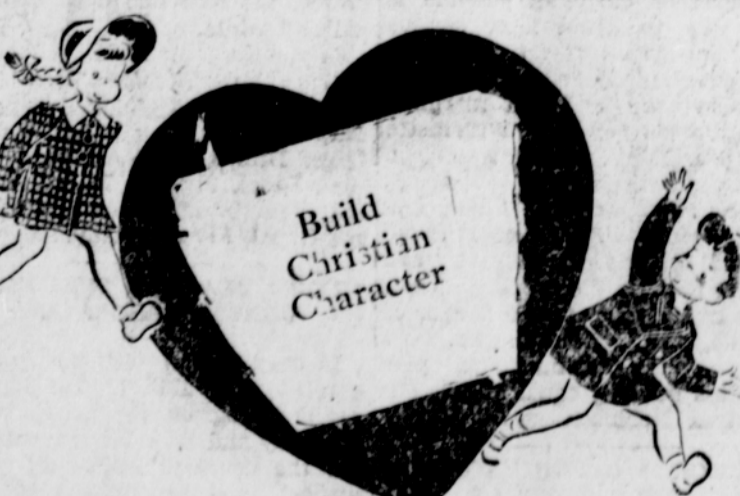
80c

Look at These Drug Values

Table listing various drug products and their prices, such as Squibbs Cod Liver Oil, Esmatine Pearls, and various lotions and powders.

WE GIVE S&H GREEN STAMPS

Kelly Drug Co.



METHODIST VACATION BIBLE SCHOOL

June 5-16 Ages 4-16 Week Days Except Saturday Registration, 25c Methodist Church