

Anything In Insurance Charles S. Hall Insurance Agency

WHY BE HANDCUFFED?

By Dr. H. A. Hagen
No one would deliberately choose to go through fire curbed by a set of handcuffs as a handicap.

That's a conclusion so obvious that you can't stir up much of an argument on it. Everyone will agree.

Yet in a very real sense, many of us are handcuffing ourselves—curbing our opportunities—cutting down our chances for business and social advancement—setting up the bars against any real happiness or achievement in life.

Yes, we are doing this because we permit the handicap of Poor Health!

"But," many will insist, "health is something you can't control. This affliction was sent to me. I'll just have to bear it."

And this is precisely why we liken Poor Health to a handcuff. It fastens itself on victims, often robbing them of hope, courage, initiative. Sometimes they get to the point where they actually enjoy their indisposition! For sickness can affect the mental outlook as well as our vital bodily organs. The only way to get rid of this hampering manacle is to find the key that will release you from its spell.

The first step is to make up your mind that you really want to be well. Banish that outrageous, old-fashioned notion that sickness has been "sent" to you as a chastisement, or a spiritual object lesson. Nonsense! It isn't intended that anyone should be needlessly handicapped. Nature wants you to be well! Good Health and abounding energy are the natural attributes of the human being. This precious gift is for all of us—the rich and the poor—the old and the young—if only we will help ourselves to Health!

But you can't wish your way to Health any more than you can wish wealth into your lap, or happiness in your heart. You must do your part to bring these pleasures and treasures to reality.

If you are to enjoy Good Health, you must obey Nature's Laws — by keeping faith with them. You cannot abuse your body, violate every canon of common sense and still expect to keep right on enjoying the gift of robust health.

If you have health now—keep it. For you possess a gift precious beyond any material price-tag.

If you lack health—get it. Get it by giving Nature a chance to bestow her bounty upon you. Implant firmly in your mind this first fundamental: Disease is the direct result of improper bodily function. Health is the natural way of life. If you lack health, then something is wrong within your body. You need repairs.

London

Mr. and Mrs. Cecil Roberts of Grants Pass visited Wednesday and Thursday with Mr. T. B. Roberts, going on to Eugene to visit with Mrs. Roberts mother Mrs. Pruitt and sister Mrs. Jessie Strobeck and family.

Mrs. Murray Newton accompanied her daughter Ethel Ann Newton to Portland and visited with her brother Herbert Shortridge and family. She reports that

Patsy Shortridge who recently underwent an operation for appendicitis is recovering nicely. Betty Jane Eddy of Cottage Grove is spending the summer with her grandmother Mrs. Roy McKay.

Mrs. Nora Small and Mrs. Clyde Clark are attending summer school at Monmouth.

Mr. and Mrs. Charley Marlow and Mrs. Harold Graves of Eugene attended church Sunday and were dinner guests of Mr. and Mrs. J. E. Banton.

David Garman of Sutherlin spent the weekend with his uncle Harry Garman.

Mrs. Mary Jo Phillips and Mrs. Josie Phillips are spending this week in Portland visiting relatives and friends.

Mrs. Thena Miller is visiting her daughter and family Mr. and Mrs. Claude Abeene and expects to remain there for some time.

Mrs. Thomas Funk and daughters Mrs. Willard McKay and Mrs. Grace Jenkins drove to Seattle and visited with another daughter and sister Mrs. Dora Keenly.

Melinda Lou Carlson spent last week with her Aunt Jean Morton while her mother was in Portland. Glen Gilham seaman first class is visiting in Ashland this week with his sisters Mrs. Ada Andrews and Mrs. Vera Kerr.

Mr. Joe Abeene has gone to Portland to visit with his daughter Miss Marcella Abeene and son Charles Abeene and family.

Miss Lillian Geer, daughter of Mr. and Mrs. Joe Geer of London, is graduating from Oregon State College this Saturday evening. Mr. and Mrs. Geer and daughters Lucille, Lanona and Patsy plan to go to Corvallis Saturday to attend the graduation exercises.

Jake Raiser is painting the Roy Ewing home.

Delight Valley

Mr. and Mrs. Elmer Panko and two children, Stanley and Beverly of Portland visited over the week end at the Charlie Conner home. Stanley Conner remained with his grand parents for a longer visit.

Mr. and Mrs. Max Sears and son Jerry of Bradwood will arrive at the home of Max's parents, Mr. and Mrs. E. J. Sears for a two weeks stay tomorrow.

Mrs. George Tibbe and granddaughter Mary Tibbe of Yreka, Cal., and daughter Mrs. C. Stinson and two children, Bob and Joan of Petaluma, Calif., arrived Monday at the C. H. Haight home to spend several days. Mrs. Tibbe is Mrs. Haight's sister.

Mrs. Oscar Flaten and children Robirda, Ashley and Bird, and their house guests from Canada, the Martin Flatens and daughter, Mrs. Wirtmer of Los Angeles, are vacationing at Newport.

Mr. and Mrs. Boyd of Hubbard spent Sunday with the latter's brother, Oscar Flaten.

Mrs. Lumberg and son Emil of Rapid City, North Dakota, are visiting at the Frank McDonald home.

Mrs. Lorane Cotter and two daughters Ivy Jean and Myrna Dean from Sumner, Washington, are visiting at the Malcolm Horn home.

Mrs. Fern Gray of Eugene, a former resident, is visiting friends here this week.

Fire Fighters to Hold Field Day

On Sunday June 18 the business men of Cottage Grove who have volunteered to assist during emergencies in the suppression of Forest fires will be guests of the Bohemia Ranger District, Umpqua national Forest at the Rujada Forest Camp.

Trucks will be parked in front of the City Hall by 9:45 a. m., and will leave for the camp at 10:00 a. m. and will be back in town by 5:00 p. m.

Everyone is welcome to attend whether they have actually signed up or not. "The more the merrier." For those who think that actual fire fighting might be too strenuous they should remember a back of the line organization is needed. Come along and assist campboss, N. J. Nelson or help Fred Anderson and Bill Thum, signed up as camp cooks, who have guaranteed to keep the spinal column from severely damaging the walls of the stomach until such time as everyone returns home. Remember to wear fire fighting clothes.

Forest Supervisor Vern Harpam and Fire Assistant Ray Hampton will be present to give short informal talks on what the forest means to the people of Cottage Grove and how they can help protect it. Any questions regarding the management and protection of the forest resources will be welcome.

Mosby Creek

Fred Winkelman, Radio man 1/C has been visiting his parents at Walden and is leaving the 22nd for Bremerton, Washington to take up his duties.

Mrs. Charles Rearrick and daughter Wanda of Cottage Grove have moved into the Brumbaugh house this week.

Doreen Eastburn returned last week from Portland where she attended the Rose Festival.

Mrs. Lynn Eastburn and Mrs. Fred Lane went to Washington last week and brought their mother, Mrs. Reece, back with them to make her home here.

HENRY WHETHAM HONORED

Henry Whetham S 1/C, who was home on a furlough last week, was the honored guest at a dinner Sunday, served at the home of his sister, Mrs. James Bridges. Whetham, who has been in the navy for the past two years has been around the world.

Guests in addition to the honored guest enjoying the hospitality of Mr. and Mrs. Bridges were: Mr. and Mrs. Thos Whetham, Mrs. Mary Rose, Mr. and Mrs. Jay Burleson and family and Grandma Burleson, Mr. and Mrs. Ralph Long and family and Mr. and Mrs. Lloyd Whetham and family.

Mrs. W. L. Tolman of Sloan, Iowa, sister of E. L. Wade, arrived Sunday for several weeks visit after having visited with a sister, Mrs. H. P. Bond of Huntington Park, California. Mrs. Tolman plans to locate in Oregon.

Those attending the Grand Chapter of Eastern Star in Portland this week are Mrs. J. P. Graham, Mrs. William Thum, Mrs. R. L. Gawley, Mrs. Francis Horn, Mrs. Frank Galdabini, Mrs. Minnie Willets and Mrs. C. E. Dillman. Attending the Grand Lodge of the Masonic Order are William Thum, Damon Scott, Matt Smith and Albert Woodard.

150 Boys to Attend Beaver State at O.S.C.

Approximately 150 boys have made application for enrollment in the eighth annual session of Beaver Boys State, sponsored by The American Legion at Oregon State College, June 25th to July 2nd, according to announcement by Lee Bostwick of Portland, Department Boys State Chairman.

Preliminary reports from other Posts throughout Oregon indicate the following representation: Hillsboro 10, Roseburg 5, Klamath Falls 10, Roseburg 5, Klamath Falls 10, Aurora 3, Gresham 2, Navy Post No. 101, Portland 4, Cottage Grove 2, Astoria 25, Salem 35, Forest Grove 5, Bend 4, Hood River 4, and Albany 10.

ATTEND EXECUTIVE SCOUT MEETING

Fred Blicke, H. L. Wolfard and Joe Crick, representing the South Lane Boy Scout council attended an executive session of the Oregon Trail council held at the Osborn hotel Sunday afternoon. The committee approved the audit of last year, presented the new budget and formulated plans for 1945. Friends of scouting may be interested to learn that the Boy Scout movement over the area showed a very substantial growth last year and the council is making plans to extend scouting to more boys.

In the South Lane district, Fred Blicke is financial chairman; Wolfard is district chairman and Crick is district commissioner.

UPSET IN LION'S ELECTION

All officers named by the nominating committee of the Cottage Grove Lion's club were elected, it was announced Thursday except J. W. Blicke, who was defeated for the office of treasurer by Cyrus Harold Ernest Eakin. Eakin, allegedly using the new deal tactics pulled out with a 13 to 11 majority. Talk of contesting the election subsided after Eakin was seated.

Other new officers elected were: Robert Graham, president; Floyd Githens, first vice president; Pat Rickard, second vice president; Art Weinkauf, tail twister; The Rev. Frank Brown, lion tamer; Ken Hickok, director.

Orlo Bagley, Robert Graham, H. E. Eakin, Earl Hill and Ken Hickok were elected as delegates to the state convention in Portland.

CUB SCOUT PICNIC

The next monthly cub scout meeting will be at the City Park Friday, July 22nd, in the form of a picnic. At this gathering handicraft modeled by the cubs will be displayed and following a picnic supper to be served at 7:00 p. m. Cubs and their friends will enjoy races and various games. An alleged feature of the entertainment is a demonstration of fly casting by Bud Husted, cub commissioner.

At the meeting last night held at the Jefferson school, each cub pack presented an amusing skit. The attendance contest for the meeting was won by den one and the attendance flag was presented to Mrs. John VanNortwick, den mother.

FIRST AID CLASS TO REVIEW AND RENEW

Mrs. Arthur Jones announces the First Aid Class in which all First Aiders may review and also renew their cards beginning June 20 at 8:00 o'clock at the Masonic hall.

Canning Methods Agreed Upon by State Leaders

General agreement on what processing methods to recommend for different foods to insure both quality products and safety in use was reached at the state conference on home food preservation in Portland last month.

These recommendations, while considered for Oregon conditions, are much the same as those adopted nationally and now include in a new USDA popular bulletin, "Home Canning of Fruits and Vegetables." Oregon homemakers are advised however, to depend more on publications of Oregon State college, as these take into account local conditions.

The six processing recommendations agreed upon at Portland follow:

1. That the hot water bath method be used only for acid fruits, rhubarb and tomatoes.
2. That the steam pressure cooker be used for processing all non-acid and low-acid foods such as vegetables, meats, poultry, and fish.

3. That the open-kettle method be used only for such products as jams, jellies, preserves, pickles, and relishes.

4. That oven canning is unsafe and not recommended for any product. The results are too variable since the method is dependent upon the correct working of heat control devices and uniform distribution of heat within the oven.

5. That the steam-bath is not recommended since it often results in inadequate processing.

6. That the pasteurization method is recommended for fruit juices. For best quality, fruit juices are packed at temperatures not exceeding 180 degrees F.

Where pressure cooker time tables include a choice of either a 240 degree or 250 degree cook, the lower temperature is recommended for a quality product, except in the case of green leafy vegetables.

LEGION MEMBERSHIP REACHES NEW HIGH

American Legion membership in Oregon has reached an all time high of 15,920, compared with the previous record of 15,878 set in 1920, according to figures released this week by Vic Micelli, department vice commander and membership chairman, of Roseburg. Membership for the Department at this time last year totaled 12,293.

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WHITE SHOE PASTE 25c

FURNITURE POLISH 25c

Father's Day Greeting Cards, 5, 10, 15, 25c

KEM'S for DRUGS

The Rexall Store

Toiletries bear 20% tax

EAGLES LODGE TO GIVE BENEFIT DANCE

A benefit dance will be given by the Eagle's lodge Saturday evening June 17th at the Eagles hall beginning at 9:00 p. m. Proceeds of the dance will be contributed toward the children's summer recreational program. The lodge recently voted to contribute at least \$50.00 to the recreational program.

A good time and good music is assured those who attend.

Announcing

the opening of Dance Classes in Ballroom and Tap in Cottage Grove in the very near future.

Those interested please write

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Sunday, June 18th is his day.—So let's not forget him! Our merchandise is of the highest quality, yet our prices help you save.

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Shaving Sets 59c to \$2.75

Pipes 35c to \$3.50

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Pound Tobacco (all popular brands)

Cigarette Cases 35c to \$1.50

Cigarette Lighters 59c to \$1.00

Shaving Brushes 19c to \$2.50

Tie Rack \$1.00

Box Chocolates \$1.50 and \$2.00

Playing Cards 39c to \$1.70

Fountain Pens \$1.00 and \$1.50

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