

CITY BRIEFS

See W. B. JOHNSTON for Real Estate Bargains, Loans, Rentals Office No. 22 So. 5th St. 42-tfc

Guests at the home of Miss Melissa Clark are her two sisters, Mrs. Corda Wing and Mrs. Albert Burte both of Chicago, who will make an extended visit with their sister and niece, Dottie Ann and Joyce Clark.

Mr. and Mrs. F. L. Grannis have returned home after spending the past month at their farm near Oregon City and with their daughter, Mrs. Bruce Pearson.

Mr. and Mrs. Oliver Jones of Longview, Washington have returned to their home after spending a week visiting the F. F. Parkers. The Jones' are former residents of Cottage Grove and Mr. Jones is a half brother of Frank Parker.

Mr. and Mrs. H. H. Haworth had as house guests last week, Mr. and Mrs. Virgil Ragsdale of Corvallis and Mrs. Frank Lalor and children, Michael and Patricia Anne, of Bremerton, Washington.

Mr. and Mrs. Allan Wickam of Eugene spent the week end with Mrs. Wickam's parents, the Frank Parkers.

Mr. and Mrs. Frank Bradford, their daughter Miss Betty Lou Bradford, and Mr. and Mrs. Hubert Haworth and sons, Keith and Brian, spent the week end at the coast.

Miss Pat Zimmerly has been transferred from the Safeway Store at Toledo to the local Safeway Store.

S. E. Beach of Portland, former resident was here the first of the week visiting friends and attending to business matters.

Mrs. Sally Hill is confined to a Eugene hospital with a serious illness.

Mrs. L. Ernest Baldwin left Tuesday for Monmouth to attend the second summer session at the Oregon College of Education.

Mrs. Naomi Preston and daughter, Gary, of Portland are spending a couple weeks with Mrs. Preston's parents, Mr. and Mrs. C. F. Hoskins. Mr. and Mrs. Hoskins, Mrs. Preston and Gary vacationed over the week end at Yachats.

Mr. and Mrs. J. W. Englund and daughter, Phyllis, spent last week in Portland and Coburg with relatives and friends.

Those attending the Methodist Youth Institute at Camp Fir point, near Glendale, are the Rev. Frank E. Brown, Miss Leslie Brockelbank, the Misses Dottie and Joyce Clark, Sara Bjorset, Shirley Allen, Dorothy Ackerblade, Ross Adkins and Tracey Arnold. The Institute opened Sunday and will last through Friday, the group returning home Saturday.

Miss Joan Brown of Seattle, Washington, is a house guest of her cousin, Miss Jeannine Brown of Delight Valley.

H. W. Cooley of Albany spent the week end at the home of his son, Mr. and Mrs. Lee Cooley.

Mr. and Mrs. Leonard Clearwater and daughter, Cinda Lee, of Springfield, visited Sunday with Mrs. Clearwater's mother, Mrs. Charles Miller. Mr. and Mrs. Clearwater returned home Sunday evening but Cinda Lee remained for the week with her grandmother.

Former residents, Mr. and Mrs. B. C. McFarland and two sons Dale and Dean, now residing at Roseburg, spent the past week here looking after business interests and visiting Mrs. McFarland's parents, Mr. and Mrs. Frank Hazen.

The Veatch Clan will hold their annual picnic next Sunday at the city park with a potluck dinner at 1:00 o'clock.

Mrs. Walter Sorensen and daughter, Beverly, are visiting in Bremerton with Mrs. Sorensen's mother and sister. Guests over the week end of Miss Patricia Sorensen were Miss Ardath Adams and Miss Leorda Adams of Junction City.

Chiropractic will relieve pressure on nerves that is causing your trouble. See Dr. Simpkins, Chiropractor, over Petersen's Phone 5. 47-tfc.

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Mr. and Mrs. R. G. Conner and family, Judy Ann and Robert, of Lorane called Sunday on Mrs. Conner's mother, Mrs. McDora Allen, and also on her aunt, Mrs. Myrtle Saltsman who is convalescing at the home of Ralph Saltsman after spending several months in a Eugene hospital. Mrs. Saltsman is reported improved in health.

The Rev. and Mrs. A. J. Kammann and Tom Short are attending the Presbyterian State Synod in Portland for ministers and laymen. Mrs. Kammann will attend the Women's Synodical meeting. The meetings are being held in the Mt. Tabor Presbyterian church.

Mrs. C. C. Cruson of Portland is spending this week at her home here and visiting friends. Mr. and Mrs. Cruson are employed in defense work in Portland.

Mrs. Martha Boentgen Trask of Eugene was a week end guest at the home of Mr. and Mrs. Bert Trask. Mrs. J. F. Prichard of Fort Worth, Texas, is visiting her cousin, Mrs. Bert Trask and uncle, the Rev. W. V. McGee, at the Trask home.

Mr. and Mrs. LeRoy Beghtol and children are spending the week in Portland.

Mr. and Mrs. Glenn Simkins of Port Angeles, Washington are the parents of a daughter born July 8 at a Port Angeles hospital. The baby has been named Cherie. Both Mr. and Mrs. Simkins were former residents, Mrs. Simkins being the former Beth Bede.

The Rev. Victor Goff, a former resident was transacting business in Cottage Grove Tuesday. The Rev. Goff is a minister in the Methodist church and is being transferred from a charge in Texas to Iowa City, Iowa.

Mr. and Mrs. F. C. Straussen of Seattle, Washington have been here since July 1st, renewing acquaintances and visiting friends and attending to business matters.

Mr. and Mrs. James Tedford received word from their daughter-in-law, Mrs. Lowell Tedford, that she had arrived at Red Bank, New Jersey, to be near her husband, Pvt. Lowell Tedford, who is stationed at Fort Monmouth, New Jersey.

Mr. and Mrs. Roy Jones and son William returned to their home in Chicago, Illinois last week after spending two weeks visiting Mr. Jones' mother, Mrs. P. H. Jones, and brother, Alton Jones.

Ercel Carrol Yirak reported there were over 50 people at the annual Carroll reunion at Albany on July 9. There are 33 stars on the Carroll service flag, most of the boys being overseas in different branches of service.

Mrs. Roy Walker and daughter returned July 5th from Ranger, Texas where they made a visit with her parents, Mr. and Mrs. W. O. Caraway.

Mrs. Floyd Glenn and children left last week for Los Angeles, California to visit her daughters there and son, Floyd, with the marine corps, who will be sent overseas.

Mrs. Ina Dicks of Newberg visited at the home of her brother, E. Cardwell last week.

Mrs. J. P. Graham received word Friday of the sudden death of her cousin, Robert Oglesby San Francisco, California, son of the late Rev. R. C. Oglesby, who has preached here many times. The funeral was held Sunday at Eureka, California. His brother, Walter Oglesby of Eugene, and sister Mrs. Etta Gunster of Portland, passed through here Friday evening enroute to Eureka and were dinner guests of Mr. and Mrs. Graham.

Mr. and Mrs. Harley Gates returned home last week after spending the past month visiting Mr. Gates' mother, Mrs. Maggie Gates in Greenwood, Wisc.

Allied Wounded Flown From France



PLANES WHICH TAKE SUPPLIES to the Normandy battlefield airstrips return to Britain with battle casualties. This picture shows Corporal Lydia Alford, a nursing orderly of Britain's Women's Auxiliary Air Force, helping one of the wounded being loaded on a Douglas Dakota transport plane of the R.A.F. Her job will be to tend the wounded during the flight back.

Miss Billie Ann Butler is vacationing at Cannon Beach and will return to Portland Saturday to resume her studies at Emanuel hospital after spending some time with her mother, Mrs. Clyde Butler.

Miss Lois Brant of Yoncalla and Miss Leta Brant of Eugene were week end guests of Miss Betty Bradford.

A recent guest at the home of Mrs. Lottie Scott was her son, John M. Scott of Williams, who also visited at the home of his brother, Damon Scott.

Mrs. Nelson Durham returned home Tuesday from a two months trip to Greensboro, North Carolina where she visited her son T/Sgt. Gene Durham.

YOUR REFLEXES, YOUR SAFETY, YOUR HEALTH

By Dr. H. A. Hagen

When a bright light is turned on in a dark room, the pupil of your eye becomes smaller. Muscles that control the size of the pupil have become active. If the light is intense, the muscles of the eyelids react also, thus closing the eyes partially. If the intensity of the light, which is suddenly turned on in the dark room, is still greater, the pupil will become smaller, the eye will close and you will suddenly pull your head. Muscles that control the position of the head have become active. If there is a sudden intense flash of light, muscles of the arms and legs become suddenly active and you will jump.

If something suddenly appears from "nowhere" and is coming toward your head, you "duck" and your arms go up to guard your face. If you stumble and fall, your arms go out to break the fall. Should you bend forward to pick up an object, your hips swing backward so that you maintain balance.

The responsive movements mentioned above, that is—the contraction of the eye pupil, the closing of the eyelids, and the movement of the head or body when lights of varying intensity are suddenly flashed—are not wilful acts. You cannot wilfully contract the pupils. The other acts are performed without thinking. It is after the acts that you realize what you have done. They are automatic, they are reflex acts. And they protect you from possible harm. Reflexes contribute to your safety.

Do you ordinarily breathe wilfully? No. Breathing just goes on. Do you wilfully cause the heart to beat or to speed up when it becomes necessary for blood to circulate faster? No. It just happens. When you take food, do you wilfully cause the digestive juices to form in the stomach or intestines? No. It just happens. Do you wilfully regulate the circula-

tion of blood to any organ, the amount of insulin which the pancreas forms, or the amount of adrenalin formed by the adrenal glands? No. "These regulations just happen." "Just happen" means that these acts are automatic. They are reflex acts. If these reflex acts are not normal, if anything interferes with them, breathing may be difficult, the heart beat may be weak, there may be poor circulation to an organ, indigestion, diabetes, high blood pressure, or any one of a number of health disturbances. Good reflexes are necessary to good health.

Health requires that the various organs of the body cooperate with each other. For example, to have healthy digestion, the small intestines, (the important organ of digestion) must have the aid of the liver, gall bladder and pancreas. Also, since these organs need more blood to do this job, blood vessels must so act as to shift blood from other parts of the body to these organs. The digestive organs need help and the heart and blood vessels supply the need. If these circulatory organs fail to supply that need, there will be indigestion.

When, in some particular act, one organ needs the help of another, that organ must get its message of need to the organ that responds to that need. The channel over which that S.O.S. message passes is a nerve pathway, called a reflex pathway, and the response to the message is called a reflex act. Uninterrupted reflex acts are necessary to your safety—to your health.

Dorena

Tuesday visitors in Eugene were S. V. Dudley, Mrs. Clarence Peterson and Miss Esther Volgamore.

Herman Kanel went to Portland Tuesday on business. Mr. and Mrs. Harry Elfving and daughter June visited one evening last week at the home of Mrs. Elfving's sister, Mrs. Frank Hills in Eugene.

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

Mr. and Mrs. Victor Worley and small daughter of Arlington, Washington spent the holiday week with Mrs. Worley's brother Ralph Conklin and family. On July 4th the entire party attended a Conklin family picnic at Creswell. The Worley's left for their home Wednesday night.

CARD OF THANKS

We wish to thank our many friends for their kindness and beautiful flowers during our sorrow for our mother, George Handy and family, Kathleen Handy. 48-1tp.

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Delight Valley

Mrs. Gwendolyn Haight of Madera, California arrived at the C. H. Haight home Monday evening to spend a short vacation. She will also visit with her sister, Mrs. Mary Paul in Eugene.

House guests at the Oscar Flaten home are the Misses Amy and Effie Flaten from Canada and Miss Hazel Boyd from Hubbard.

Mrs. Curtis White of Eugene spent Sunday and Monday at the R. Hansen home.

Recent guests at the R. Sears home were the Walter Pohl and Reed families from Chiloquin and the George Taylor family of Reedsport.

THREE OUT OF FOUR WILL CAN

Three out of four women expect to can fruit and vegetables at home this season, according to a nation-wide survey reported by the Office of War Information. Canned peas, tomatoes and asparagus were restored to rationing by OPA after supplies on hand had sold rapidly, making room for the new pack. Civilian supplies are expected to be 20 percent smaller during the current pack year than during the pack year ended July 1. To help pack the current fruit and vegetable crop, 700,000 full-time or 1,400,000 part-time workers must be recruited, the War Manpower Commission says. Because of the dependency of overseas servicemen on canned fruits and vegetables it is imperative that these foods be made available to them.

BLACK MARKETEERS SENT TO JAIL

In the first five months of 1944, the Office of Price Administration Enforcement Program against the gasoline black market sent 28 car owners to jail, convicted 159 car owners of buying gasoline with counterfeit or stolen coupons or without coupons, took away rations from 775 car owners, suspended gasoline selling rights of 1,538 filling stations, put 156 filling stations out of business and gave jail sentences to 236 counterfeiters, peddlers and gasoline dealers.

of Washington, will visit Portland July 17th. During his stay in Portland Mr. Maverick will visit the small war plants located in this vicinity and deliver an address before the forum of the Portland Chamber of Commerce Monday noon. Business men who have an occasion to be in Portland at this time are cordially invited to hear Mr. Maverick.

CARD OF THANKS
We wish to thank our neighbors and friends for their assistance at the time of our fire. Mr. and Mrs. Frank M. Willis, Mrs. James Payne, Pfc. and Mrs. Vilas Hales. 48-1tp

7:15 P.M.
DON LEE-MUTUAL

LOWELL THOMAS NEWS TIME

Standard of California



How can a motor oil save gasoline?

Much gasoline loss is caused by gradual ring and cylinder wear. Gas mixtures then "blow-by," compression is reduced, performance gets rough. RPM Motor Oil slows this wear 'way down—sticks tight on hot or cold metal surfaces, insures cold motors against extra starting wear, protects critical hot spots on long runs. For more mileage, less wear—use Standard's RPM Motor Oil.

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Lifebuoy 3 bars 25c	Ledandy \$3.75
Auditorium Big Bath 1 bar 10c	Trophee \$3.75
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