

DON'T TRY TO RELAX

By Dr. H. A. Hagen.

If this title appears a bit puzzling, it is because we have always been taught that most things in this world come to us as a result of effort. There is one thing, however, and a vital thing it is, that simply will not come with any kind of effort. I am referring to the art of relaxation, and in times as these, when the fatigue of labor, the strain of living, and the apprehension caused by war bring so much tension, stress, and anxiety, it is an absolute necessity that we learn to relax properly, for this is as important as food. But, strange as it seems, this cannot be learned by trying. Actually, you must "let go" to accomplish relaxation successfully.

You have often heard the advice, "You must try to relax!" With all the implied good intentions this phrase carries, it isn't the best kind of advice, because the harder you'll try, the less you'll relax. Of recent years, many books have been written on helping you to relax, which signifies what a problem this has become in modern life. Many methods have been suggested, some being more efficacious than others. It is true, too, that the type and form of relaxation varies with the inclinations, idiosyncrasies, and environment of people. Some like to indulge in active physical pursuits; others prefer the movies, indoor games, inspirational music, a particular hobby or art, reading, or just quiet companionship. Or even solitude. But whatever the method employed, the essential thing is to enjoy the procedure, and enjoyment is a passive sense, just like seeing, feeling, or tasting, even though, paradoxically, these senses are "working." But how is this passive sense to be acquired? Surely not by trying! Perhaps these suggestions will help you:

Consider relaxation as a physiological process. The ability to relax is a sign of health, just as the ability to sleep, as Emerson says, is a condition of health. Health depends largely upon the blood circulation and nerve control. Circulation can, believe it or not, be influenced by thought. This has been proved by physiologists. When thought is normal, that is, when not attended by excitement or strain, then the circulation is normal. Abnormal thoughts bring disturbed circulation (watch the angry person's face), and it is a fact that we can consciously think thoughts which disturb circulation (just thinking them.) Fortunately, we can also consciously think thoughts that restore normal circulation and thereby produce physical harmony. Relaxation invariably follows physical harmony, but from the present viewpoint, this requires no effort, just thought, a mental "let-go" of all strain. So here is one factor to remember in learning the art of relaxation—an "effortless" attitude toward the desired goal.

Another way to relax is to coordinate your breathing with your muscle tensions. Practice this method while taking your air-baths (by themselves a good old nature cure to relax). With

each slow abdominal breath, think of just one particular part of your body, and as you exhale, actually let go of that particular part. Begin with the scalp, then your forehead, then your eyes, chin, neck, shoulders, chest, etc. You'll be surprised how nicely this system works. Try it next time you're very tired.

When you're busy, snatch odd moments for relaxation, for odd moments often are opportune moments. At first, you will find that the ability to relax isn't easy. Most people must learn how to master it, like acquiring a skill. In this, as in most skills, practice makes perfect. A good time to practice is at bed-time. You will then shed your cares and worries of the day and prepare yourself for a peaceful and refreshing night of slumber. But don't be discouraged if you're slow in learning. It takes time. However, it is worth the learning, for mastery of the art of relaxation is like having a key to the secret pathway of health—only it's no secret, but open to all who really wish to enter.

COTTAGE GROVE MAN BRINGS MESSAGE FOR CAR OWNERS

An important message for America's car owners was brought to the special attention of Cottage Grove car drivers today by L. J. McCoy, Chrysler dealer, on his return from a Plymouth dealer meeting held at Portland last week.

Quoting Joseph E. Bayne, general sales manager for Plymouth division of Chrysler Corporation, Mr. McCoy stated:

"The salvation of the American motoring public for some time to come after resumption of automobile production will lie in the hands of the automobile dealer and his service department.

"A current independent national survey reveals that 86.8% of today's owners plan on buying a new car, if available, in 1945 or 1946. That represents a potential market of approximately 21,000,000 cars. Manufacturers can't replace those units immediately; a great proportion of today's cars will have to keep on supplying reliable transportation through proper service care by dealers. Eighty-seven per cent of these cars have already traveled over 20,000 miles, according to the survey, and must still deliver many thousands more of the total which quality and high-precision manufacture built into them.

"In performing the service obligation in accordance with the highest traditional Plymouth standards will lie the fundamental basis for the direct competitive selling effort to follow. The competitive market will return when production has finally caught up with the tremendous backlog of the present. Service and selling are inseparable and will be tied more closely together than ever," Bayne said.

Oregon shipped 86 tons of prepared tin cans to war during November, bringing total volunteer shipments for the first 11 months of the current year to 952 tons, or 55 carloads.

LEGAL NOTICES**NOTICE TO CREDITORS**

I have been appointed Administratrix of the Estate of WALTER ROBINSON, Deceased, by the County Court of Lane County, State of Oregon, by an order dated November 28, 1944. All persons having claims against said Estate are required to present them with proper vouchers within six months of the date hereof, to me at the law office of HERBERT W. LOMBARD, First National Bank Building, Cottage Grove, Oregon. Dated and first published November 30, 1944. BEULAH E. ROBINSON, Administratrix. HERBERT W. LOMBARD, Attorney. 16-5t-20.

NOTICE TO CREDITORS

I have been appointed as Administrator of the Estate of LENA PEARL GODARD by the County Court of Lane County, State of Oregon by an order dated December 5, 1944. All persons having claims against said estate are required to present them, with proper vouchers, within six months of the date hereof, to me, at the Law Office of Herbert W. Lombard, First National Bank Building, Cottage Grove, Oregon. Dated and first published December 7, 1944. Date of last publication January 4, 1945. JACKSON F. GODARD, Administrator. HERBERT W. LOMBARD, Attorney for Estate. 17-5t-21.

NOTICE OF FINAL SETTLEMENT

NOTICE IS HEREBY GIVEN, that the undersigned Administratrix of the Estate of WILLIAM T. JONES, Deceased, has filed her account for the final settlement of said Estate in the County Court for Lane County, State of Oregon, and that Tuesday, the 4th day of January 1945, in the County Court Room of said Court, in the County Court House in Eugene, Lane County, State of Oregon, at 10:00 o'clock in the forenoon has been by said Court fixed as the time and place for hearing objections thereto, and for final settlement of said Estate. MINNIE M. JONES, Administratrix. HERBERT W. LOMBARD, Attorney. 17-5t-21.

NOTICE OF SEASONAL DETERMINATION

Notice is hereby given that the employer listed below has been determined to be seasonal employer within the meaning of Section 126-707 O.C.L.A. Any interested party may request a hearing before the Commission within ten days after final publication of this notice. The "off-season" (in calendar weeks) of each seasonal employer in Lane County is as stated below:

Swift & Co. (Turkey Operations) 4-20 and 27-39.

OREGON UNEMPLOYMENT COMPENSATION COMMISSION. Dated and first published this 30th day of November, 1944.

Date of last publication 14th day of December, 1944. 16-2t-17.

NOTICE OF FINAL SETTLEMENT

Notice is hereby given the undersigned Administratrix of the Estate of HENRY C. SKADE, Deceased, has filed her account for the final settlement of said Estate, and that Tuesday, the 2nd day of January, 1945, at the County Court Room of said Court, in the County Court House at Eugene, Lane County, Oregon, at 10:00 o'clock a.m. in the forenoon has been, by said court, fixed as the time and place for hearing objections thereto and for final settlement of said estate. MARIE SKADE, Administratrix. HERBERT W. LOMBARD, Attorney. 17-5t-21.

District Land Office, Roseburg, Oregon, December 11, 1944. Notice is hereby given that on August 1, 1944, the Eastern and Western Lumber Company, 2501 N. W. Front Avenue, Portland, Oregon filed exchange application Roseburg 022915, under the Act of July 31, 1939 (53 Stat. 1144) for S½NE¼, SE¼NW¼, S½N½SW¼NW¼ and S½SW¼NW¼ sec. 23, T. 15 S., R. 8W., W.M., Oregon, 150 acres, in lieu of the

LEGAL NOTICES

NE¼, NW¼NW¼, S½NW¼ and S½ sec. 14, all secs. 16 and 22, NW¼ sec. 24 and NW¼ sec. 26, above township and range, containing 2200 acres. This notice is for the purpose of allowing all persons having bona fide objections to the proposed exchange an opportunity to file their objections in this office within 30 days from the date of the first publication, together with evidence that a copy thereof has been served on the applicant, Richard M. Elligott, Register. First published December 14, 1944. 18-5t-22.

EXAMS FOR SUB-CARRIER

The U. S. Civil Service Commission announces a POST OFFICE SUBSTITUTE CLERK-CARRIER examination for the purpose of establishing an eligible register from which selections may be made to fill existing and future vacancies as they may occur in the positions of SUBSTITUTE CLERK-CARRIER in the Post Office Service at Cottage Grove, Oregon.

Applications may be filed at the office of the Director, Eleventh U. S. Civil Service Region, 437 Central Building, Seattle 4, Washington, until further notice. The date and place of examination will be shown on the admission cards furnished applicants at a later date.

Copies of the announcement of this examination (containing full information as to place of examination, requirements, salaries, etc.) and application blanks may be obtained from John B. Leonard, Secretary, Board of U. S. Civil Service Examiners U. S. Post Office, Cottage Grove.

O and C Timber Sales Set Record

Sales of timber from lands of Oregon and California re-vested lands administration, made in November by the general land office of the department of the interior, went above a half-million dollars and broke all sales records for timber value in a single month, according to W. H. Horning, chief forester for the O and C administration.

November sales included 37 separate tracts of timber carrying an estimated total volume of 117,651,700 board feet valued at \$547,325.55. These tracts, located in 11 of the 18 Oregon counties having O and C re-vested railroad lands within their boundaries, lay in Benton, Clackamas, Lane, Columbia, Coos, Douglas, Jackson, Josephine, Klamath, Linn and Polk counties.

All five of the O and C administrative districts were represented, including field offices at Salem, Eugene, Roseburg, Coos Bay and Medford.

Thirty of the 110 sustained yield operating areas were represented. Each of these has a capacity to sustain an average-sized Oregon sawmill on a continuous lumber production basis. The disposition of timber on each tract was based on the timber-producing capacity of the local operating area. Thus perpetual production of timber at a stabilized rate is accomplished on the re-vested grant lands, the chief forester pointed out.

Horning states that the sustained yield cutting of timber on O and C lands is not only a limit which must not be exceeded, but is also the amount which must be produced to supply the needs of local industry. He points out that a steady flow to market must continue permanently. The steady flow, he comments means steady employment for workers and a secure source of income to the counties which receive 50 percent of the earnings in place of taxes.

California's infant cork oak industry contributed fifteen tons of badly needed cork fully as good as that grown in the natural forests of the Mediterranean region, says Woodbridge Metcalf, extension forester, in a recent article appearing in the California News Letter, official publication of the California division of forestry.

WANT-ADS

FOR RENT: Modern 7 room house with utility room and bath. Wired for electric range. Adults only. No pets. Call or see Lottie Kirkendall, Saginaw. 18-1tp.

FOR SALE: By owner, 20½ acre tract; fine investment for home sites. Can be divided into acre or half acre lots, all facing county road. Make divisional profit yourself. Located one mile east of depot on highway over Knox Hill. For details write C. A. Anthony, 729 S. W. Harrison St., Portland, Ore. 18-4tc-21.

I will not be responsible for any bills except those contracted by me. Robert Lee Cox. 18-2tp-13.

WANTED: Vacuum cleaner, in good condition; also country telephone. C. L. Dubell, Box 162, Cottage Grove. 18-1tp.

FOR SALE: Used pre war heater in good condition. Price \$25. Ray Rand, Disston route. 18-1tp.

RIDE WANTED: From Walker to Eugene and return, daily. Working hours 8:00 to 5:00. Contact Donald Connor, Walker Service Station or drop card to O. E. Vrooman, Creswell, route 1. 18-1tp.

FOR SALE: 6 tons loose oat and vetch hay in barn. \$100, if taken at once. J. L. Sherwood, 1 mile South of Cottage Grove on 99. 18-1tp.

NOTICE

Due to unforeseen circumstances, we will be compelled to close our repair shop at 27 South 6th St., Sat., Dec. 16th. We will be glad to care for your repair work at our shop in Eugene, 845 Oak St. Martin's Upholstery. 18-1tc.

FOR SALE: Household furniture including Zenith electric range, large refrigerator, circulating heater, 2 beds, breakfast set and other articles. Inquire at 27 South 6th street. 19-1tp.

LIST AND SELL WITH A. D. MITCHELL HOMES RANCHES 1126 Birch Ave.

FOR SALE: 5½ cubic foot Crosley electric refrigerator, A-1 condition. Mrs. Palmer Johnson, Grove Court, phone 151. 18-1tc.

ROAST A GOOSE for Christmas and treat yourself to some fine eating. We have a few choice birds left. See Larry Levens at Western Auto or phone 120R. 18-1tc.

FOR SALE: 13½ acres creek bottom well drained soil, live creek. Plenty shade trees; 7 room modern house, wired for range; bath, electric pump, electric water heater. Good barn, chicken and hog house. 1½ miles west of Cottage Grove on Lorane highway. Priced for quick sale. Wm. F. Norris, phone 2F11. 18-1tp.

WANTED: Child's tricycle, medium size in good condition. Phone 150R. 18-1tc.

FOR SALE: 1929 Ford roadster. Good mechanically and tires. \$150.00 cash. Phone 42R2. 18-1tp.

LOST Black silk umbrella with red handle and red tip ribs. Please return to Sentinel office. 18-1tp.

FOR SALE: Allen Parlor Furnace circulator. 733 South 3rd St. 18-1tp.

FOR SALE: Boys bicycle in good condition. Inquire at 409 North 8th street. 18-1tp.

FOR SALE 3 horse disc, \$20.00; 5 shovel steel cultivator, \$5.00. Phone 2F14. 18-1tp.

FOR RENT: Small partly furnished house just outside city limits. Suitable for two. Electricity, shower, garage and chicken house. Phone 20F25. 18-1tp.

FOR SALE: Brood sow, C. M. Adams, 2½ miles east on Mosby Creek. 18-1tp.

FOR SALE: 1937 Plymouth motor, overhauled. Also 9,000 lb. trailer axle. William Norris, Lorane route, phone 2F11. 17-2tp-18.

FOR SALE

2 bedroom new, all modern home, nicely located on oiled street, near all schools and on bus line in Springfield. Cash or some terms could be arranged. Will trade for good property in Cottage Grove.

SEE OR CALL

Alice J. Breedlove
1120 W. Main—Phone 126-R

with

Culp & Lake, Realtors

36 East 11th St. Phone 3420
Eugene, Ore.

FOR SALE: Man's pre-war bike, hard tires, good condition, \$12.00; play pen \$5.00; folding baby buggy \$15.00. Phone 183J or call 839 South 8th street. 18-1tp.

FOR SALE: New Zealand White does and bucks. 331 Wash. Ave. Call evenings. 18-1tp.

FOR SALE: 5 pairs ladies shoes, colors white, blue and black, sizes 4 to 6½. 349 Quincy Ave. 18-1tp.

Fertilize your lawn now. We can supply you with all kinds of field and pasture seeds, Beidler Feed and Seed Store, phone 57. 9-1tc.

HELP WANTED: 3 laborers wanted. Inquire Cottage Grove Lumber Co. 2-1tc.

FOR SALE: 4 room house, electricity, hot and cold water, partly furnished, 2 large lots, double garage. Must sell at once, cash. Phone 252. 18-1tp.

WANTED: Electric record player. Must be in good condition. Address Box 66 C/O CWM, city. 17-1tx.

SHEEP FOR SALE: Mrs. John Murray, phone 39F16. 17-3tc-19.

FOR SALE: 3-in. farm wagon, box, nearly new and 1 hayrack, 1 horse stump puller, all in good shape. Phone 37F4, Harry A. Williams, Lorane route, city. 17-2tp-18.

MARTIN UPHOLSTERING CO.

Have opened a branch upholstery shop at 27 South 6th street in the old Veatch building. We are prepared to do all kinds of furniture upholstery and repair work. Service to your door. Work in charge of Chas. Dhabolt. Your business appreciated. Phone 254R. 12-tfc-xxx.

WATER WELL DRILLING

See your water well driller before you buy or install your pump. Pumps and supplies. Phone 26F23, J. H. Thomas, Oakland, Ore. 10-tfc-xxx.

WANTED: For mill: Planer feeders, car loaders and green chain men. For woods: Buckers and fallers. Family houses available or bus service each day. Row River Lumber Co., Phone 43J5. 39-tfc.

FOR SALE: Weaner pigs, bring own containers. Mrs. M. P. Olson, Saginaw, Ore. 18-1tp.

GEORGE'S REPAIR SHOP: Cabinet work, crating, glazing, furniture repair. Geo. D. Foster, 121 N. Lane street (In old Godard carpenter shop). 14-tfcxx.

Dazzling White Finish

A small amount of Prussian blue added to white paint for interior woodwork will help in getting a dazzlingly white finish. The blue should not be added directly to the paint. Dissolve it first in a little turpentine, and be sure that it is absolutely free of sediment. Strain through layers of cheesecloth to insure this result.

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Bronchial Irritations Due To Colds. A Rare Combination—Compounded from valuable Canadian Pine Balsam and other soothing healing ingredients Buckley's Canaditol Mixture is different from anything you have ever tried—all medication—no syrup. Buckley's Acts 3 Ways—1 To Loosen Phlegm 2 To Soothe Raw Membranes 3 To Make Breathing Easier You get results FAST—you feel the effect INSTANTLY. Act at once—try Buckley's CANADITOL Mixture—today. At first-class drug stores everywhere. Satisfaction guaranteed or money back. Kelly Drug

WANTED

Property to list. Two and three bedroom homes. Acreage, one to fifteen acre tracts and farms. What have you?

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1120 West Main—Phone 126-R

with

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17-tfe

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For You To Feel Well

24 hours every day, 7 days every week, never stopping, the kidneys filter waste matter from the blood.

If more people were aware of how the kidneys must constantly remove surplus fluid, excess acids and other waste matter that cannot stay in the blood without injury to health, there would be better understanding of why the whole system is upset when kidneys fail to function properly.

Burning, scanty or too frequent urination sometimes warns that something is wrong. You may suffer aching back-ache, headaches, dizziness, rheumatic pains, getting up at night, swelling.

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½ acre more or less, four miles East, close to store and school. 4 room house with shower, elec. New 62 ft well with elec pump. Dandy garden. \$2375.00. Cash.

7 acres—five miles on South Hi-way. Mail and school bus route. All fenced. Family orchard. Barn, chix house. Four room house completely furnished. Elec. \$3850.00.

One acre—five miles Southeast, on good gravel rd. Mail and school route. Year Round spring. Two room cabin with garage and woodshed. \$650.00.

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But the needs of war have first claim on available telephone equipment and on telephone manufacturing facilities and manpower. Delays in filling civilian orders just can't be helped.

All of us telephone people sincerely appreciate the co-operative understanding being shown by the many thousands who are waiting their turn to get service.

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