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MARCH OF DIMES

The bright little dimes are on the march to brighten the lives and the hopes of youngsters and adults throughout the Nation who are seeking to be cured of infantile paralysis. The March of Dimes campaign, which extends from January 14 to 31, affords every American the opportunity to contribute his bit in this cause.

The millions of coins that have rolled in during previous drives show that the people are not unmindful of the needs of others. This year the response will be equally spontaneous.

This undertaking is wholly unselfish and serves all persons alike regardless of their race or creed.

Let us get behind the campaign. Let us, in the spirit of goodwill, help to spread happiness and cheer to those in need of help. Donate your dimes—or dollars—today.

THE HARD WAY

Theodore Roosevelt once said, "I wish to preach not the doctrine of ignoble ease, but the doctrine of the strenuous life, the life of toil and effort."

Strong words, these. But they challenge every one of us. What Theodore Roosevelt advocated was not mere physical "toil and effort", but the mental hard work by which we keep ourselves alert and self-reliant.

His injunction is pertinent to our times, for in the past 12 or 13 years we, as a nation, have come to rely more on the government and less on ourselves than ever before. We have also been permitting not only increasing government control over our daily lives and businesses, but actual encroachment by government in the field of private enterprise.

If the government, through its virtually tax-exempt status and use of public funds, can enter one line of business and undermine the enterprises of citizens engaged in that field, what is to stop it from eventually going into every type of business and taking over completely?

Maybe, to some persons, it would seem easier if the government ran everything—if it did all our thinking for us. But any clear-headed American knows this would be disastrous.

Standing on our own feet and preserving the free enterprise system may seem to be the "hard way"—the way of "toil and effort." But in the long run it is the better way, the only way in which democracy can survive.

REVAMP CONGRESS?

Congress hasn't overhauled its legislative machinery since 1893. And things have changed "quite a bit" since then. The boys on Capitol Hill are trying to do business in this dizzy, dynamic age with their old horse and buggy methods.

One of the biggest faults among the many in the congressional procedure is that congressmen have too many things to do—at the same time. For instance, a senator may be a member of three or four important committees. It is not unusual for two of these committees to meet simultaneously. During that hour an important debate may be taking place in the Senate. As a result, he must either divide his time among the three meetings and not be fully informed on what is going on in any of them, or else he must stick to one and ignore the others. Neither arrangement is desirable.

Another, and more glaring weakness in congress, is the seniority system which awards membership on the most important committees and assigns the chairmanship of committees solely on the basis of length of service.

Under this method the elderly congressmen from the Southern states who are returned to office time after time hold the key positions. Some of these men are competent and progressive, but some of them are not.

A system of rotation would give younger and sometimes able members an opportunity to serve in important posts and it would do much to rejuvenate many of the "creaking" committees.

Congress alone can make changes in its legislative machinery. But in view of the antiquity of that machinery we think the question should be put to the lawmakers: How about a thorough streamlining job—now?

THOUGHTLETS

By Earl B. Balch

If a man has no ideals by which to live, then of necessity he will live an unworthy life.

Speaker Sam Rayburn is reported to have said that if the world's wrongs are righted, we must return to the "Old Time Religion." How many will agree on what is "Old Time Religion?"

There is one thing to remember in these tense times of labor trouble. Unreliable charges by friends and foes of both management are being hurled at each other.

Nations are like people, very few are consistent.

A nation's conscience is made up of the public opinion of its people. The disgraceful and uncertain method by which a measure may be talked to death, as permitted in the United States senate, is nothing more than legislation by a very small minority.

Full many a man lies in a sarcophagus. He poured nasty beer right down the esophagus.

Spring Planting

will soon be here. We have garden, lawn and feed seeds and fertilizers.

Baidler Feed & Seed Store

"Nobody gave me this black eye; I had to fight for it."

OUR DEMOCRACY

by Ray

Where Opportunity Beckons

IN A DEMOCRACY, OPPORTUNITIES FOR INDIVIDUAL PROGRESS ARE INHERENT. LARGE BUSINESSES OFTEN GROW FROM A SMALL STORE -- GREAT INDUSTRIES FROM A SINGLE IDEA. THERE ARE RISKS, BUT THERE IS ALSO PROMISE OF REWARD.



DURING THE WAR YEARS, AMERICANS HAVE SAVED MORE MONEY THAN THEY EVER SAVED BEFORE. THEY ARE PREPARED FINANCIALLY THROUGH THE MONEY THEY HAVE PUT INTO WAR BONDS, LIFE INSURANCE, AND SAVINGS ACCOUNTS -- TO TAKE ADVANTAGE OF THE OPPORTUNITIES THAT LIE AHEAD.

Feed Outlook to Affect Poultry, Turkey Industry

With the feed situation tighter at present in many respects than during the war, poultry and turkey producers will do well to make sure of their source of supply of feed before making plans for the coming season, says Noel Bennion, extension poultryman at Oregon State college.

Protein concentrates are scarce, high in price and apparently not distributed too evenly, says Bennion. Feed grains are all selling at or close to ceilings, demand exceeds the supply, so that many feed mixers are having difficulty obtaining their needs.

"It looks as if feed will be the limiting factor in poultry and turkey production in 1946," Bennion adds. "The United States department of agriculture is expected to place a protein limitation order in effect in the near future. Such an order might help the situation in Oregon which is distant from chief supply sources."

Liberal use of good green feeds is one way that poultrymen can combat the shortage on mixed feeds, Bennion explains. Succulent green feed or a good grade of alfalfa are the best substitutes and supplements, as they are good sources of protein, minerals and vitamins.

Turkey growers will have best success by keeping their breeding flocks on green pasture. If good pasture is not available they can be given access to good grade baled alfalfa hay. Turkeys will readily eat alfalfa from the bales.

Chicken flocks, especially breeding birds, can make good use of five or six pounds of succulent feed a day for each 100 birds, or a similar amount of leafy alfalfa hay, Bennion adds.

LT. BLACKMORE—FIGHTER AND LEADER

In a recent Texas paper appears the picture and article about Lt. Norman H. Blackmore, who is a fighting leader of fighting men, which says he saw plenty of battles before he hit the beach with the 2nd Division, but they were in the squared circle. He proved himself a champion in both types of battles.

Lt. Blackmore enlisted in the army in 1937 and served with the 7th Regiment, and rang up his district honors with the 7th in Hawaii. He was champion of the island, and as they ran out of contestants, retired as champion of the island's welters.

He led his platoon through five campaigns with one between rounds break when he went to the hospital with a serious wound. Becoming a platoon leader he received a battlefield commission and earned the Bronze Star and clusters and soon made his silver bars. Lt. Blackmore, son of Mr. and Mrs. O. W. Blackmore, plans to remain in the army until retirement.

BLACKBUTTE RAINFALL
 Rainfall at Blackbutte for 1945 totaled 70.28 inches according to Mrs. Lillian Stimmel, weather observer. The greatest precipitation occurred in November when 16.10 inches fell.

Armed Forces

Winkleman, Disston route, Cottage Grove, Ore., served on this attack transport in the Pacific. Most recent assignment for the SANBURN has been with the fleet's new "Magic Carpet," bringing veterans home from overseas. During the war she participated in the action at Iwo Jima and Okinawa.

On the USS Superior (Delayed) — Frank Williams, 21, USNR, seaman, first class, Disston route, Cottage Grove, Ore., is returning to San Diego, Calif., on this 1,000-ton minesweeper, expected to arrive about Jan. 12.

Recent discharges from the armed forces includes the following local boys: Pfc. Rayphord S. Tiffe, Ft. Lewis, 1-19; Sgt. Beryl L. Sunderman, Ft. Lewis, 1-20; T/S Lloyd N. Bishop, Fort Lewis, 1-21; Pvt. Joe R. Minnick, Ft. Lewis, 1-20; T/S Cecil R. Owen, Ft. Lewis, 1-15; Pfc. William C. Hubbard, Ft. Lewis, 1-16; S/S Robert Seidel, Camp Atterbury, Ind., 1-8; Alfred C. Peterson, Disston Rte., Ft. MacArthur, Cal., 1-10; T/S George Munsell, Ft. Lewis, 12-24-45; T/S Christian P. O'Loughlin, Ft. Lewis, 12-23; S/S William E. Hahn, Ft. Lewis, 12-30; Capt. Norman A. Thoreson, Sep. Base, Portland, 1-4; David M. Porter, Radioman 3/C, Bremerton, 1-12; Edison Ray Lemley Jr., Carpenter's Mate 2/C, 1-11; Alpha Ottis Pitcher, Aviation Ord. 3/C, PSC-Norman, Okla., 1-2; Alvin D. Dugan, Storekeeper D1/C, Lido Beach, LI N. Y., 1-7; Raleigh B. Mapes, Fireman 1/C, Shoemaker, Cal., 1-11; Hugh Singleton Gatewood Jr., Seaman 1/C, Bremerton 1-10; Sgt. Arthur M. Wright, Ft. Lewis, 1-6; Pfc. Clark J. Picknell, Ft. Lewis, 1-5.

Legion Auxiliary Enrolling Members

"To care for those who have borne the battle."

This is a first purpose for which the American Legion Auxiliary is now enrolling its membership for 1946 Mrs. Hester Reed, membership chairman, who is directing the enrollment campaign, announced today. With the American Legion, the Auxiliary will defend the rights of the men who come back disabled and of the families of those who do not come back, she stated.

Membership in the Auxiliary is open to all mothers, wives, sisters and daughters of American Legion members, and of deceased service men of both wars. It is also open to women who themselves have served in the armed forces and have been honorably discharged. A large committee working under Mrs. Reed's leadership is now extending an invitation to all such women in Cottage Grove to come into the Auxiliary now.

"After the last war The American Legion stood by its comrades who were in unfortunate circumstances because of war service and called upon the Auxiliary for aid," said Hester Reed. "There was much that we could do. We advocated just laws for the care and compensation of the disabled and dependent families. We provided skilled assistance in the proving of claims for government aid. We gave emergency assistance to families in need, helped keep families together and homes intact. We secured employment for veterans, for widows and for wives of the disabled. In every way the Legion and Auxiliary stood as a friend in need to those suffering because of war service."

"All this experience makes us able to give more effective aid to those who bear the burdens of this war. Already the work has begun as increasing numbers return from the service. We know that the mothers, wives, sisters and daughters of all men who have served their country in either war will want to be with us in this great work, and we are inviting them all to join us now."

Membership chairman Hester Reed

F.F.A. TALENT ASSEMBLY

The Cottage Grove chapter F.F.A. will put on a talent assembly January 25 which will consist of songs and instrumental numbers by the members of the chapter.

The chapter is also sponsoring a smoker on February 8th, with boxing, wrestling and other events. The admission will be 50c.

The officers of the chapter went to Albany January 11 to participate in the parliamentary procedure contest. Albany won first place; Eugene second, and Corvallis third.

TWO GUESTS OF MORTAR BOARD

University of Oregon, Eugene, Jan. 21 (Special) — Carolyn Englund, daughter of Mr. and Mrs. John W. Englund, and Sara Bjorset, daughter of Mrs. Dorris Bjorset, both of Cottage Grove, will be guests Jan. 31 of Mortar Board, senior women's honorary in the University of Oregon, at its annual Smarty Party for all freshmen women, maintaining a B average or above for their first term of school.

The fond mother just told the draft board that her young son was not too young for the infantry at any rate.

CHIROPRACTIC FOR COLITIS

One of the principal difficulties about the general understanding of colitis is that we start in the wrong place. We think of the colon as being primarily at fault, since the discomfort is expressed in that location. But in many cases, the real difficulty does not start there, but in the nervous system.

Most persons suffering from colitis are not desperately sick, but they may be miserable, and this suffering is as real as though there were an active ulceration of the colon. They may have colicky pains, belching, rapid heart action (palpitation), constipation, fatigue and nervousness. It is a fact that all these may originate in the nervous system rather than in the large intestine (colon).

Colitis (often better called "irritable colon") develops from an irritation of the nerve system. It occurs most frequently in high-strung, nervous individuals. This explains why chiropractic is particularly effective for colitis. The chiropractor is able to direct his attention to the nerve wires going to the intestine and remove any irritations or short circuits therefrom. Spinal adjustments have helped correct thousands of cases of colitis.

DR. H. A. HAGEN

Beauty Costs No More

When painting to protect property, it costs no more to select a modern, attractive color scheme than it does to use an unattractive color, but the result is worth a lot more to the property owner. Well-chosen, cheerful colors also contribute to the morale of the occupants of a building, and have an uplifting effect upon the entire adjacent community.

Unfounded Superstition

There is no scientific evidence to back up the superstition that thunder or lightning causes milk or cream to sour.

Cooking Peas

A small amount of soda can shorten the cooking time of green peas about half without loss of vitamins. Use only a pinch.



When can I get a telephone for my farm?

We'd like to say very soon.

But actually, it will take some time before we can provide a farm telephone for everyone who wants one... even though we are cutting down our waiting list every day.

For there are many places where we have to install complicated switchboards... some, even, where we have to build entire new buildings. Our rate of progress will depend on how rapidly our manufacturers can supply the necessary equipment and materials.

Your local Telephone representative will be glad to tell you what has to be done in your locality and give you the latest information on about how long it will take.

Meanwhile, you can be certain your farm telephone is on the way and that we are doing everything possible to hurry the day we bring it to you.

Note to farmer-line owners: we'll be glad to advise you on your telephone maintenance problems and check your instruments. Just call your local Telephone office

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 524 Main Street—Telephone Cottage Grove 83

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