

The Smart Shop

Lois C. Leonard

For The

"LADY-IN-WAITING"

Dresses — Brassieres — Girdles

WEDDING AT CRESWELL HOME

At the home of Mr. and Mrs. W. B. Gillespie Sunday Miss Dorothea Gillespie was married to George Gwyther, son of Mrs. Blanche Gwyther of Creswell. The bride wore pastel blue and carried gardenias and roses. She is a graduate of the Creswell high school with the class of 1936 and is a member of the operator staff of the Creswell telephone office, and is active in the circles of the Presbyterian church. The groom is a veteran of World War II having served nearly four years. He is also an alumnus of the Creswell high school, class of 1936, and is employed there.

The couple left for a short trip north and will be at home after July 10.

—KEEPING COOL—

Keeping cool in the summer is an art. It's an art which can be learned if one thing is kept in mind—moderation. Moderation in eating, in play, in all types of physical exertion will make the summer heat spells more bearable. Getting all "het up" about the weather will only make us more uncomfortable. Since we cannot change the weather and many of us cannot move on to cooler climes, when hot days approach, it is just as well to resign ourselves to the heat and to try to be as comfortable as possible.

Here are a few simple rules which, if followed, may help make the summer more pleasant.

1. Dress comfortably. Light clothes that are not too confining should be worn on hot days.
2. Eat sensibly. Heavy, foods, difficult to digest, should be avoided. This does not mean living on sandwiches and salads throughout the summer. A well balanced diet is necessary at all times, and hot meals, if well planned, will not add to the discomfort of summer. Rich, heavy foods, however, cause the body to work overtime in the digestive process and should be omitted from the diet in hot weather.
3. Drink plenty of water and fruit juices. Because the body per-

spires more in the summer than in the winter, it is necessary to consume an extra amount of liquids. Cool water and lemonade are particularly good on hot days. Extra salt is needed, too, because the body loses much salt in perspiration. This salt may be obtained by adding it to fruit drinks or by eating salt tablets.

4. Be careful to avoid over-exposure to the sun. Many people look forward to getting extra doses of sunshine during the summer, but too much sun may prove a health hazard. It may cause a painful sunburn or it may lead to sunstroke, which swiftly brings on unconsciousness and may cause death.

Sunstroke occurs most frequently among people exposed to the direct heat of the sun and who are too heavily clad. It is more common among men than among women and children. It may come on suddenly, but usually it is the result of long exposure and may come on gradually. The symptoms are a pain in the head, dizziness, a feeling of oppression, the absence of perspiration and, sometimes, nausea and vomiting.

While a doctor is being summoned, the patient should be removed to a cool spot. His clothing should be loosened and an effort made to reduce his temperature rapidly. If he is conscious, he should be given salt and water to drink or fruit juices.

Moderation practiced during the summer months will make these months pass more pleasantly and comfortably.

PETERSEN-DAVIS

Word was received last week of the wedding on July 2 of Miss Claire Petersen of Berkeley, California to Lt. (jg) H. H. Davis, at Berkeley.

Lt. Davis is the son of Mr. and Mrs. Vernon Davis of Cottage Grove and has served with the navy for three years. Prior to joining the navy he attended the University of Oregon.

The bride is a graduate of Berkeley University and has been a secretary there for several months. They are honeymooning at Lake Tahoe, and will make their home in Berkeley, Calif.

WHITE SHRINE INSTALLATION

Bethlehem White Shrine No. 4 met in regular session on Thursday evening June 27 in the Eugene Masonic temple. At this time the Charter was received and public installation of officers was held. Cottage Grove members who were placed in office were Knaffle Haynes, Watchman of Shepherds; Louis Caldwell, Associate Watchman of Shepherds; Elsa Hickok, organist; and Lorena Haynes, Worthy Guardian. On July 15 a joint meeting with Willamette Shrine of Salem will be held in that city when Nellie J. Combelack, Supreme Worthy high priestess will make her visit of inspection.

B. & P. W. CLUB JULY 15

The Business and Professional Women's club will enjoy another dinner at Landon's Inn Monday, July 15, at 7:30. Cars will leave Omer apartments at 7:00. Speakers are Mrs. Pearl Gischler, who will talk on "How to Become an Author," and Mrs. Lalonde who will address the club on "Attitudes of the English People." Phone your reservation to Dorothy Wert, 268LX, or Adella Hatch, phone 125R. Please be present for a pleasant evening.

BELETED BRIDAL SHOWER

A beleted bridal shower was given honoring Mrs. Russell Lambert (nee Miss Mabel Kenady) recently by Mrs. Marian Chapman and Mrs. Beulah Robinson at the home of Mrs. Frank McGavin on Ash avenue. About 25 guests were present and the honoree received many lovely and useful gifts.

Refreshments were served at the close of the afternoon.

ATTENDS TEA IN EUGENE

Loretta Safley attended a tea in Eugene at the home of the past department president of the Daughters of the Union Veterans of the Civil War, Mrs. Laura England. Mrs. England displayed the gifts she had received while department president. Mrs. Safley is department historian for the Daughters of the Union Veterans.

SECRET WORK GIVEN

At the regular Rebekah meeting Friday night Marie Sorensen gave the secret work in preparation of her installation as noble grand to be held July 11th, which will follow the regular meeting of the Odd Fellows.

Mrs. Lillian Kendall won the prize in the contest, the prize donated by Aunt Cad Wallace.

NEIGHBORS OF WOODCRAFT

Regular business meeting of the Neighbors of Woodcraft was held on Tuesday evening in the IOOF hall. The next social meeting will be at the home of Cora Bragg on Tuesday afternoon July 16 at 1:30 and the next business meeting will be on Tuesday evening August 6, with Mrs. T. C. Wheeler and Mrs. Littleton Lasater on the refreshment committee.

MRS. LAND HOSTESS

The members of the Women's Christian Temperance Union were entertained Wednesday of last week by Mrs. C. N. Land at her home. Mrs. Pearl Safley led the devotional service and Mrs. N. E. Compton and Miss Stella Adams presented the lesson.

The August meeting will be a picnic in the city park.

SAGINAW

Mr. and Mrs. C. G. Keene and children, Reta and Jimmy, and Tommy Jean Hammons spent several days last week in San Francisco visiting Billy Keene S 2/C.

Capt. Cliff Gersbach who is stationed at Walla Walla, spent a few days last week visiting his wife and son who are staying with Mrs. Inez Monteith.

Mr. and Mrs. Lowell Benston and Pete Hayes spent the 4th at Crater Lake and also went thru the house of mystery at Gold Hill. Mr. and Mrs. William Phelps, newlyweds of Eugene, spent several days at the home of Mr. Phelps mother while she was visiting friends at the coast.

Billy Keene S 2/C and Robert Keene S 2/C who have been stationed at San Francisco left for Bremerton, Wash. Saturday where they expect to receive their discharges soon.

Mr. and Mrs. William Dion and children Doreen and Annette of Eugene spent the 4th with the George Getty family. They had a picnic dinner at Doreen and spent the evening at the C. G. dam.

Shirley Kraal of Blue River spent several days recently with Susie Williams.

George Getty Jr. of Eugene is spending several days with his grandparents, Mr. and Mrs. Geo. Getty.

Mr. and Mrs. Jess Tucker and children of Culp Creek and Mrs. Ida Jackson and son of Walker were dinner guests at the Inez Monteith home Sunday.

It is one of the beautiful compensations of life that no man can sincerely try to help another without helping himself.—Bailey.

D. E. V. IN ARMORY

Plans were made for a food sale at the regular meeting of the Daughters of the Union Veterans of the Civil War held at the armory Tuesday night. Those who volunteered to serve on the committee were Miss Hazel Toblen, Cora Cooley, Eva Hatch, Mary Jane Maxfield and Loretta Safley. Following the meeting the members reassembled at the home of Marie Sorensen at which time the new candidate, Mrs. Maxfield, and those having birthdays occurring in the last quarter were honored. Following the refreshments the gifts that were not claimed were auctioned off, with the proceeds going into the treasury.

A fool and his money are soon parted. The forests of Oregon represent many millions of dollars to the Oregon taxpayer. Don't be foolish. Use extreme caution with fire. KEEP OREGON GREEN.

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For Sale!

NEW STEEL PIPE

6" O.D. — 12 Gauge
20 ft. Lengths with Quick Couplings

SPECIALLY PRICED

Any Quantity — Immediate Delivery

Also New Steel Rounds,
Flats, Plates

Write or Wire for Details

STEEL DIVISION

California Bag & Metal Co.

24th & Nicolai PORTLAND 10, ORE. BRoadway 1678

Loose Leaf Supplies—all kinds. The Sentinel.

CARNIVAL COMING!

The Three Browning Brothers

AND THEIR NEW CONCESSIONS, NEW SHOWS

NEW SHOW GROUNDS

HIGHWAY 99, NEAR EVERGREEN AUTO COURT

5 BIG NIGHTS 5

Cottage Grove

July 23 to 27th

THRILLING RIDE DEVICES

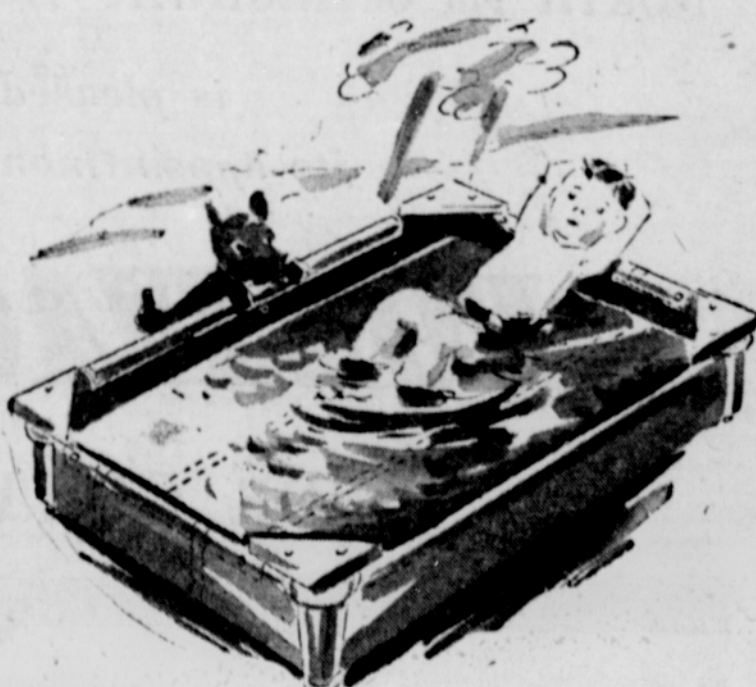
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KING RICHARD
PLAY TENT

7⁴⁹

Knighthood will flower in your own back yard if your child has one of these 5 ft. square, by 4 ft. 5 in. high, play tents. Set includes brilliant rainbow awning striped drill tent, (water repellent and mildew proof) 1 center pole and two flap poles, two sash ropes strung through grommetted edges of front flap to hold it in place as an awning.



CHILDREN'S PORTABLE
PLAY POOL

15⁰⁰

To make your child's summer cooler and happier, to keep him safely in his own yard! Army Twill body, with drain plug, light aluminum tubing frame, four wooden corner seats, Lift-a-dot fasteners! This handy play pool can be easily put together or taken apart. Naturally it's waterproof, also mildew and flame resistant! 5 ft. x 4 1/2 ft. and 10 inches deep.

PENNEY'S

J. C. PENNEY COMPANY, Incorporated

Fruit Jars

BUY THEM NOW!

We have a very good supply of jars and jar trimmings.
Do your fruit jar shopping at Irish - Swartz.

Kerr Quarts 79c doz.

Ball Quarts 79c doz.

Ball Pints, Glass Top 69c doz.

Kerr Pints, Regular 69c doz.

BERNARDIN LIDS Regular 3 doz. 25c

JAR CAPS for coffee jars Doz. 19c

JAR CAPS Bernardin Self Seal Doz. 21c

JAR RUBBERS Mason Regular 4 doz. 15c

CERTO Deal Pack 3 for 49c

SURE JELL Deal Pack 3 for 27c

Juice Adams Blended—47 ounce 45c

Juice Adams Grapefruit—47 ounce 36c

LOMA LINDA FOODS

SOY FLOUR 24 ounce 32c

BREAKFAST CUP Serve it hot Pkg. 21c

VEGELONA No. 2 tin 37c

SOY MILK Loma Linda No. 2 1/2 25c

VEGEBURGER Large Jar 55c

VEGESTEAKS Large Jar 55c

Soy Beans 2 jars 35c

Beans Loma Linda Vegetarian 19c jar

IRISH & SWARTZ

DEPENDABLE FOOD SERVICE