

HOW TO BREAK THAT HABIT

1. Eliminate the habit by substituting an "incompatible response." One experimenter eliminated a boy's fear of rabbits by giving him candy to eat while a rabbit was visible near by. The youngster soon got over his habit of responding fearfully to the rabbit stimulus. Every time you yield to your habit, make yourself retie your necktie, count to a hundred, or perform some similar stunt that makes the habit not worth its bother. If possible, substitute an opposite but good habit for the one you want to break.
2. Repeat the habit to the point of exhaustion. Many mothers have broken children of the habit of playing with matches by forcing them to strike one match after another for a solid hour or two. This is best suited for minor habits without a deep organic basis.
3. Learn to tolerate the habit so that a stronger and stronger stimulus is required to make you yield to it. In smoking, for instance, put obstacles in your way, such as leaving your tobacco across the room, keeping all your matches in the kitchen (or a mental obstacle such as fear of mouth cancer) so that the stimulus has to be very strong before you yield to the habit.
4. Remove yourself from the habit stimulus, or the stimulus from you. Naturally the stimulus cannot always be removed, as when you have a habit of arguing with your wife. But if such a stimulus as tobacco is completely removed from your environment, you will find yourself on the way to vanquishing the smoking habit.

Dr. H. A. Hagen

MAPLETON WOMAN KILLED ON HIGHWAY

Mrs. Casale Smith, 57, operator of the Mapleton Hotel restaurant, was fatally injured at about 1:30 p. m. Sunday when the car she was driving went into the ditch one mile west of Rainrock. She died about an hour later from a fractured skull and crushed chest, suffered when the car upended, pinning her inside.

TRAVEL
ALMANAC
FOR MOTORISTS
JUNE 19-25

Your motoring will take you to bright and unusual events in the Northwest this week no matter in what direction you drive. Why not add to your enroute pleasure by making one of these colorful doings the goal of your sight-seeing trip?

STRAWBERRY FESTIVAL
Kalama, Washington, June 20, 21

PHIL SHERIDAN RODEO & PHIL SHERIDAN DAYS
Sheridan, Oregon, June 20-22

PIONEER DAY
Pomeroy, Washington, June 21

DOUGLAS COUNTY RODEO
Roseburg, Oregon, June 21, 22
Sponsored by Douglas County Sheriff Posse. Held at Umpqua Park Fairgrounds.

SWEDISH MIDSUMMER TINGET
Coeur d'Alene, Idaho, June 21, 22
Swedish folk dances by Folk Dancing Club of Spokane, Washington. Picnic dinner.

BEN HUR LAMPMAN DAY
Gold Hill, Oregon, June 21

SISTERS RODEO
Sisters, Oregon, June 21, 22

KLAMATH COUNTY JUNIOR C. OF C. REGATTA
Klamath Falls, Oregon, June 22

HORSE SHOW
Preston, Idaho, June 20, 21



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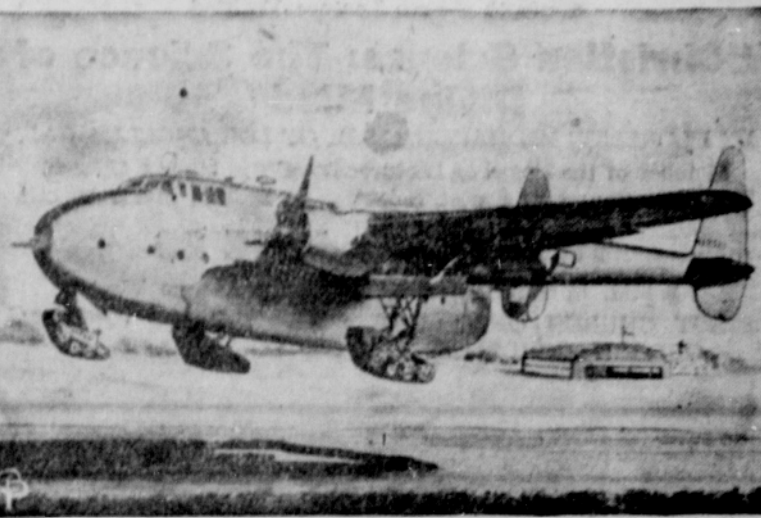
RICHFIELD

TASMANIAN DEVIL IS WELL NAMED



LOOKING LIKE SOMETHING out of a nightmare is this Tasmanian Devil, one of two brought to the Bronx Zoo in New York from Australia. Officially called a "Sarcophilus Harrisii" it has a head big enough to fit a lion and a mouth even more grotesquely out of proportion. The body belongs to an undersized pig and ends in a long, hairy tail. It will eat any kind of meat. Zoo officials say it is not as mean as it looks. (International)

NEW TRACTOR GEAR FOR PLANES



THE ABOVE ARTIST'S SKETCH shows a C-52 equipped with a new track-type landing gear that permits landing on rough field and in soft sand or even mud. The revolutionary tractor installation, it is believed, may replace the conventional nose and main wheels. (International)

Vic Vet says

GI INSURANCE PROVIDES A TOTAL DISABILITY INCOME. GET THE FACTS ON THIS AND OTHER NEW BENEFITS AT YOUR NEAREST VA OFFICE.



WALKER

The June 16 school meeting was better attended than usual. Boyd Walker was reelected director for one year.

HARVEY JUNIOR WARDEN

Worth Harvey of Eugene, a former resident, was chosen as grand junior warden at the 97th annual session of the Oregon Grand Masonic lodge, which closed its session in Portland Thursday night. Walter M. Ramson of Eugene, well known here, was elected grand master. James Whipple of Drain was chosen as grand senior deacon.

SECOND PEAR CROP COMING ON

Mr. and Mrs. A. H. Beagle will have a chance for a second pear crop this year. Pear trees at the Beagle home at Sixth and Gibbs are blooming again.

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Floyd Meade and Ralph Schultz, Owners
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-CITY BRIEFS-

Mr. and Mrs. Lee Johnson (Jacqueline Morton) returned to their home at Fowler, California last Sunday after visiting a week with Mrs. Johnson's parents, Mr. and Mrs. Leon Morton. They were accompanied home by their daughter Jill, who has been with her grandparents for the past five weeks.

Mrs. Stewart Carlson and Mrs. Jeanne Morton left Tuesday for Corvallis where they will be instructors at the 4-H Club summer school. During the session they will be at Snell Hall.

Mr. and Mrs. Harve Smith and son left Tuesday for Tulsa, Texas where they will spend sometime looking after business interests and wheat harvest on their farm, which will get underway shortly.

Mrs. Frances Racknor, formerly employed by the Sentinel, has accepted a position as bookkeeper for the McCoy Motors and assumed her duties there Monday.

Mrs. George Keibelbeck of Grants Pass spent Friday in Cottage Grove visiting friends.

Mrs. Bertha Gillispie and daughter Shirley Ann left Sunday night for San Francisco, California to spend the summer with Mrs. Gillispie's brother and wife. In the fall they plan to go to Wise, Virginia to be with her parents for the winter. Mrs. Gillispie has rented her farm to an employee on the Dorena dam.

Friends of Mr. and Mrs. D. W. Sturges, former residents, will be interested in knowing they have moved from Sheridan to Medford where they plan to make their home.

Mrs. J. K. Hunter, who has made her home here for the past few years, left Saturday for Sisters for an indefinite stay with her son, J. M. Scott, and family.

Mrs. James Racknor, bookkeeper at the Sentinel for the past 18 months, resigned the last of the week to take up duties in the same capacity for McCoy Motors. Miss Orlena Martin will take her place at the Sentinel.

Mr. and Mrs. H. W. Lombard and family left Sunday on a six weeks vacation, going by the way of Denver, Nebraska, Washington, D. C., New York and on into Quebec, Canada on the St. Lawrence river. Richard L. Thwing, who is associated with Mr. Lombard in the practice of law here will be in charge of the law office during Mr. Lombard's absence.

Mrs. Beatrice Burch has sold the Curlette Beauty Shop at Sixth and Adams to Mrs. Ella Beers. Mrs. Burch joined her husband at San Diego, Calif., where she will make her future home.

Col. LaSells Stewart returned Friday from Minneapolis, Minn., and northwestern points from an extended visit with relatives. He flew over and kept his heart in his mouth most of the time while flying and decided to return by train. He says he still prefers the ox wagon as the safest method of travel.

Mr. and Mrs. Earl Stockdale returned home Tuesday from a visit with relatives in Idaho.

Mr. and Mrs. Ralph Miller, Barbara and Wanda, visited last Thursday with Howard Stouts. They lived the past year in Ellis, Kansas.

Miss Barbara and Jimmy Grewelle left Sunday for San Francisco to spend a couple of weeks with their sisters and brothers-in-law. Mr. and Mrs. Morris Cohen and Mr. and Mrs. David Erickson.

Here we are having some more rain to help out the hay that is cut and laying out. Today the feed business is just as bad. Four to six weeks ago all we could hear was prices were coming down, way down. Now price has gone up from 10c to 20c per 100 lbs. From the man that grows it right on up to the broker, wholesaler and they all say prices are going higher.

Harvest has started in the south, bad rains and floods in the north making the price problem hard to peg at this time. Grain may not raise any higher, but it isn't coming down very far now or later this season.

The concentrate market, that is the soybean meal, cottonseed meal, and linseed meal, that goes into the dairy feed and poultry feed is going higher every day and looks like it will raise until October, then we hope that it will come down some at least.

What does this mean to you feeders? Just this: cull all non-layers out of your laying flocks, all poor or old cows out of the herd, but by all means keep the best ones for some day there will be a small number of livestock and lots of feed making it a little more profitable for you people.

If we can help you do your summer culling just call on us and then feed "Pride of Oregon Feeds" for the very best profit possible.

Cottage Grove Flour Mill
J. F. Roy
Phone 80
Ray L. Nichols
327 South River Road

Mrs. Ruth Grewelle and children Carmen and Larry left yesterday for a visit with friends and relatives at Kelso, Washington.

Rubber Bands—The Sentinel.

Very few people appreciate that the works of a watch contain over 100 parts; the balance wheel turns 432,000 times a day; the escapement wheel makes 12,960 revolutions a day.

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A bargain is a good piece of merchandise at a price that's LOW for its QUALITY. It's what you GET for what you PAY that makes a Penney bargain. Cheap, shoddy stuff is never a bargain, no matter how little it costs you. We wouldn't give it house room here at Penney's. Through thick and thin we've stuck to this: it must be GOOD and LOW-PRICED to be a bargain! That's why our customers believe in us. Like us, they're hard-working Americans who won't stand for lazy dollars.

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21" WEEK-END CASE..... \$7
24" PULLMAN CASE..... \$10
COMPANION CASE..... \$8
WARDROBE..... \$19.75

Women's Fabric Play Shoes..... 2.98
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Men's All Wool Slacks..... 5.00
Men's All Wool Slacks..... 5.00
Men's Colorful Sport Shirts..... 2.98
Girl's Peasant Blouses..... 1.49
Girl's Dirndl Skirts..... 1.98

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