

TEN RULES ON HOW TO EAT

1. Eat three well-balanced meals a day.
2. Have your meals at regular hours.
3. Eat slowly and chew your food thoroughly. There are two reasons for this—first, the grinding of the food makes it more digestible, and mixing it with the saliva in the mouth helps directly in digesting it.
4. Be careful not to overeat.
5. If possible, rest a little while after each meal.
6. Do not eat between meals.
7. Adapt your foods to the seasons. In winter use more fats and starches, in the summer more fresh fruits and vegetables.
8. Plain water is the best drink all the year round.
9. Adults do not need as much food, proportionately, as growing children.
10. Never perform violent exercise after eating.

Dr. H. A. Hagen

PHILCO RADIOS

NICHOLS Radio and Appliance
Radio Headquarters

812 Main Street

Phone 317

WANTED! EXPERT MECHANIC

We have an opening for one additional top-flight mechanic — please do not apply if you are not fully qualified. Pleasant working conditions — all of our crew is easy to get along with. Top wages paid, Saturday afternoons off.

In applying ask to see "True" De Leon.

Cottage Grove Motor Co.

CHEVROLET — OLDSMOBILE
112 N. Ninth Phone 77

—CITY BRIEFS—

Mr. and Mrs. C. O. Clark, of Cottage Grove, have leased a King Orange concession at Lake Head resort in California, and are buying property to construct an auto court at the same location. They have leased their home at 1004 Villard Court for three years and are planning to move to the resort by the first of September.

Two members of the C. F. C. group of the Church of Christ, 6th & Gibbs, returned last week from the annual Christian Service camp held at Camp Myrtle Wood, near Bridge, where they spent one week. Miss Pat Aubrey of Cottage Grove held the office of camp president.

Dennis VanValin came Saturday from Park Place and is visiting with his grandmother, Mrs. E. F. Paquette. Mrs. Earl VanValin of Park Place came Tuesday evening to spend the week with her mother, Mrs. Elizabeth Paquette. She was accompanied by her sister-in-law, Mrs. Julius Paquette of Estacada.

Kenneth and Edward Lovegren returned the first of the week from a 13,000 mile trip which took them two months and they visited nearly every state, taking in the interesting places.

Pat Hennessy returned to his home in Tacoma, Washington Tuesday after spending two weeks here with his brother Thomas Hennessy and Mrs. Hennessy.

Mr. and Mrs. George Andrews of Ashland called Tuesday on Mrs. Mary Witcher. Mr. and Mrs. Charles Witcher of Tillamook spent the week end here with his mother, Mrs. Mary Witcher.

Twenty-four young people of the Baptist Youth Fellowship picnicked Tuesday at Winchester Bay. They were accompanied by the Rev. and Mrs. Peter Bakker. Richard Bush drove the truck taking the young people.

Mrs. J. L. Stokes and daughter Lavigne will leave Saturday for Centerville, Texas, where they will visit her mother, Mrs. E. R. Wright. Mrs. Stokes will also visit relatives at Corpus Christi and in Louisiana before returning home.

Guests at the J. L. Stokes home the first of the week were Mr. and Mrs. S. E. Teekell and two daughters of Turlock, California. They own two cleaning establishments at Turlock. They were very much impressed with Cottage Grove and may return here.

The new principal of the local high school, Kenneth Wood, with Mrs. Wood and two children of Eugene have moved to Cottage Grove. They have purchased one of the new houses from Max Bird.

Mrs. Mary Ellen Carr and son Robert Carr Jr., returned to their home at Atascadero, California after visiting with Mrs. Carr's mother, Mrs. Orpah Benson, her grand-son being here five weeks and her daughter, two weeks. They were accompanied as far as Klamath Falls by Mrs. Herbert Eakin, who is visiting her nephew, John Mer-ryman and family.

Vinal Randall Sr., is in the Eugene hospital suffering with a compound fracture of the wrist which he received while taking down a scaffolding in the Presbyterian church while redecorating the interior. A timber fell striking him on the wrist.

Mr. and Mrs. Oren Freerksen of Eugene were Sunday guests at the O. M. Kern home. Mrs. Freerksen will be remembered as Miss Alma Sarpola.

Mr. and Mrs. Alan Reed and baby daughter left Tuesday for Portland to make their home. Mr. Reed will be in charge of a Standard Oil Station on Union avenue.

Mr. and Mrs. LeRoy Beghtol and son Coley of Portland spent the week end here visiting friends and were guests at the homes of Vinal Randall, Sr., and H. B. Ferrin. Mr. Beghtol is head of the manual arts department at Franklin high school.

Mr. and Mrs. Charles E. Dillman returned Tuesday from a six weeks' trip spent at the Oregon beaches.

Mr. and Mrs. Jack Renner and two children of Alameda, California visited relatives here last week and also in Washington. They will return for a longer visit with Mrs. Renner's father, A. L. Wynne.

Mr. and Mrs. Glenn Flatters and sons Billy and Jimmy returned last week from a three weeks' vacation spent at Spokane, Seattle, Victoria, B. C., and also at Grand Coulee dam.

Mrs. Mabel Merryman received a card from Emma Branstetter, who is a patient in a hospital in Los Angeles, thanking the Old Schoolmates for sending her a card with the signatures of those who knew her. She told of her appreciation of the group remembering her, and thanked each one and said as Jimmy Fiddler says "I do mean you."

Midshipman William B. Johnston, nephew of Mrs. W. B. Johnston, has arrived at Pensacola, Florida to start pre-flight training in the Air Corps. He is the son of Mr. and Mrs. W. B. Johnston of Eugene.

Mr. and Mrs. L. P. Sanford of Portland are spending the week with Mrs. Sanford's mother, Mrs. W. B. Johnston. Mr. Sanford is now with the E. W. Shields Paint contractors in Portland and will soon start on a large government contract of identification of airlines, which will include the entire state of Oregon. He was a former sign painter here.

Mrs. Ada Andrews of Pittsfield, sister of George Matthews, has been visiting at the Matthews home. Other visitors Saturday and Sunday were Mr. Matthews' two brothers, Alfred and Tommy and their wives, of Portland. They were accompanied home Sunday by their sister, who left Tuesday for her home in Pittsfield.

Mrs. Frank Brown and children Bobbie and Vicki and Miss Martha Crick of Delight Valley are vacationing this week at Manzanita beach.

Dr. and Mrs. Robert Campbell and sons Robert and John of Arcadia, California, were guests this past week of Mr. and Mrs. E. T. Mitchell and Mr. and Mrs. Frank Chapman. Other guests recently of Mr. and Mrs. Mitchell were Mr. and Mrs. C. B. Adams and daughters Doreen and Joan of Los Angeles. Stopping over night with the Mitchells were Mr. and Mrs. Peter Zook of Los Angeles, who were on a trip to Canada.

Mr. and Mrs. Bill Thum vacationed in the vicinity of Waldport on the coast the past week. Of interest to Bill's friends is the fact that he managed not to fall into the ocean.

Mr. and Mrs. Robert P. Boyce, Sr., had as recent guests Mr. and Mrs. Jerry Puckett of Burnt Prairie, Illinois, and Mr. and Mrs. Simpson and daughter Sandra of Anderson, Indiana. They also visited at the Charles Gettys home. Mrs. Floy R. Williams of Portland is a house guest this week at the Boyce home.

Mr. and Mrs. W. D. Lovegren returned the first of the week from a two weeks' trip to Warren Lake and Banff, Canada, returning home through Montana and Yellowstone park.

Mrs. Walter Hansen, formerly Trista Martin, now of Burlingame, California, and her niece, Jorene Martin of San Francisco, visited relatives and friends here last week, and were guests at the homes of Mrs. Hansen's cousins, Mrs. Roy Short and Mrs. Joe Smith.

Wayne Monroe was on vacation from the Sentinel office last week. Part of the time he, accompanied by his wife and daughter Jean, spent at Colburg with Mrs. Monroe's parents, Mr. and Mrs. J. G. Grimes. Monday they spent at the home of his brother, Carl Monroe, in Eugene where Jean attended a birthday party for her cousin Judy. They also visited his sister, Miss Ina Monroe, and his brother, Ralph Monroe, and family in Portland.

Miss Bess Stearns of Portland, aunt of Mrs. A. W. Shofstall, visited the Shofstall family over the week end.

Mr. and Mrs. John Berry and family of Tacoma, Washington visited Friday at the homes of J. S. Markham, Lorane route, and J. R. Hendricks, while on their vacation. Mr. Berry is a nephew of Mr. Markham and Mrs. Hendricks.

Worth Harvey of Eugene was in the Grove Saturday bringing some of his beautiful glads for the First Baptist church for the Sunday service. The Saturday previous he brought glads for the Church of Christ, held in the armory, in honor of his mother.

Mr. and Mrs. H. C. Bostick recently sold their turkey farm on Mosby creek to Mr. and Mrs. G. F. Calhoun of Camas Swale. Mr. and Mrs. Bostick have purchased acreage on Route 2, Eugene, and have moved. The Calhouns have taken possession of the Bostick farm.

Recent guests of Mr. and Mrs. A. P. Watts were Mrs. Watts' sister and husband, Mr. and Mrs. Charles Keisler, newlyweds, of Los Angeles, who were here on their wedding trip. Mrs. Watts served a wedding dinner, including a wedding cake topped with a bridal couple, in their honor.

Mr. and Mrs. Joe Park and daughter Josephine of Loomis, Calif., have spent the past week with Mr. and Mrs. Ernest Bradt. Mrs. Park is Mrs. Bradt's mother. They motored to eastern Oregon Sunday and spent an enjoyable day. Going by way of the McKenzie pass, over to Redmond, stopping at the Petersons Rock Gardens, then home by way of the Willamette pass.

Five girls from the Girl Scout troop No. 52 are spending two weeks vacation at Camp Clewax. Those at camp are: Diane Ravies, Kay Gates, Carole Moore, Earline Daniels and Janice Hollister.

L. J. Bowman of Peshtigo, Wis., is a guest this week of his nephew and wife, Mr. and Mrs. Lee W. Cooley. He came to attend the Cottage Grove Regatta, Sunday, Aug. 17th. Mr. and Mrs. Cooley will take him back to Albany, Oregon where he is spending the summer and they will attend a reunion of Mr. Cooley's father and brothers and sisters to be held at the home of Dr. and Mrs. M. R. Cooley in Albany.

Mr. and Mrs. Jesse Lansing and children, Helen and Dan, left Tuesday for Montrose, Colorado to visit Mrs. McNeil and family, former Cottage Grove residents.

First Lieutenant Jim Bickie and First Lieutenant Bill Earl arrived Monday night from the Army Service Medical school at San Antonio, Texas on a 10-day leave prior to going overseas, and are visiting with their parents, Mr. and Mrs. F. W. Bickie and Dr. and Mrs. Guy Earl. Both are doctors in the service of the army and will be leaving for overseas at the expiration of their leaves. Lieutenant Bickie going to Germany and Lieutenant Earl going to Yokohama, Japan.

Mrs. Crystal Dickes and son Gary of San Francisco visited last week with Mrs. Dickes' aunts, Mrs. Joseph Safley and Mrs. Mamie Gidney.

Mr. and Mrs. P. J. Bush and daughter Mary accompanied the Rev. and Mrs. L. T. Edwards and son Leland on a trip to Crater Lake last Thursday. The Edwards are visiting their daughter, Mrs. Albert Stacks, in Eugene. Leland is a paratrooper in the air corps, stationed in Georgia and is home on furlough.

Mrs. B. C. Lemmon and baby Virginia of Beatty, Nevada arrived last week for a month's visit with her parents, Mr. and Mrs. H. E. Quarles. Their other daughter, Miss Nina Quarles, of Newport, is also visiting her parents and sister.

Miss Bernice Smith left recently for San Francisco where she is employed as a nurse at Fort Miles Veterans hospital.

Am I Right?
by Tom

MANY A SO-CALLED "BUTTER-FLY" ENDS UP A "BUSY BEE"



We prefer not to discuss our past, but right now we are busy turning out the finest in radio repairs for YOU.

Cottage Grove Radio Shop

Visit The Dorena Project Stop At Steeles Store

For a full line of Cold Drinks, Groceries, Gas, Oils, Fruit Jars, Canning Supplies, Cold Storage Locker Supplies.

Steeles Store and Locker Plant

The Store "On Dorena Lake Shore"
Open Sundays and Evenings.

McCoy Motors

**Complete Service Facilities
for all Chrysler made cars**

Experienced men in all departments.

J. B. (JIMMY) McHENRY in charge of body and fender department.

ALBERT J. HAMMOND — Service Station.

ARNOLD JOHNSON and CURTIS HAMMONS — repair and tune-up department.

BUD McCOY — Parts Department.

Our Greatest Asset —

Satisfied Customers

McCOY MOTORS

6th & Wash. Ph. 84

Loose Leaf Supplies—all kinds. The Sentinel.

Our favorite letter to you



Starts like this: "We will soon have facilities to care for your telephone service" . . . So far this year we were able to send out these letters to thousands of people—provide 125,000 more telephones for Western homes and businesses. But meanwhile thousands of new orders came in, which await their proper turn.



There will still be a delay—in some cases a long delay—before we can take care of all who want telephone service. But we are hurrying the day when our Service Representatives will again be able to promise you a telephone the day you want it. That's our goal . . . and we're working all-out to achieve it.

If you're waiting for such a letter, we want you to know we're speeding this year's record-breaking construction program for the Pacific Coast States . . . new buildings, central office equipment, wires and cables . . . about two hundred million dollars worth of the things needed to bring service to everyone who wants it.

New Working Dollars . . . Millions of new dollars needed to build buildings and buy new equipment to meet the public demand for more telephones and more service do not come from tele-



phone bills. New dollars come from people who are willing to put their savings into the business. We must earn enough to attract these new working dollars.

THE Pacific Telephone AND TELEGRAPH COMPANY

(More than 60,000 people working together to furnish ever-better telephone service to the West)

512 Main — Phone 83

What did the Roman "thumbs down" really mean?

When is Washington's real birthday?

Can love be heartfelt?

You'd Be Surprised!

AND WE CAN PROVE IT!

Come in and see at

M. & S. AUTO SERVICE

We make your car drive safely.
Free pick up and delivery

Floyd Mead

1/2 Mi. North on Hiway 99

Ralph Schultz

Phone 180-J

NOW AVAILABLE

Ogilvie Sisters

Hair Preparations

KELLY DRUG CO.